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# MEN'S FITNESS

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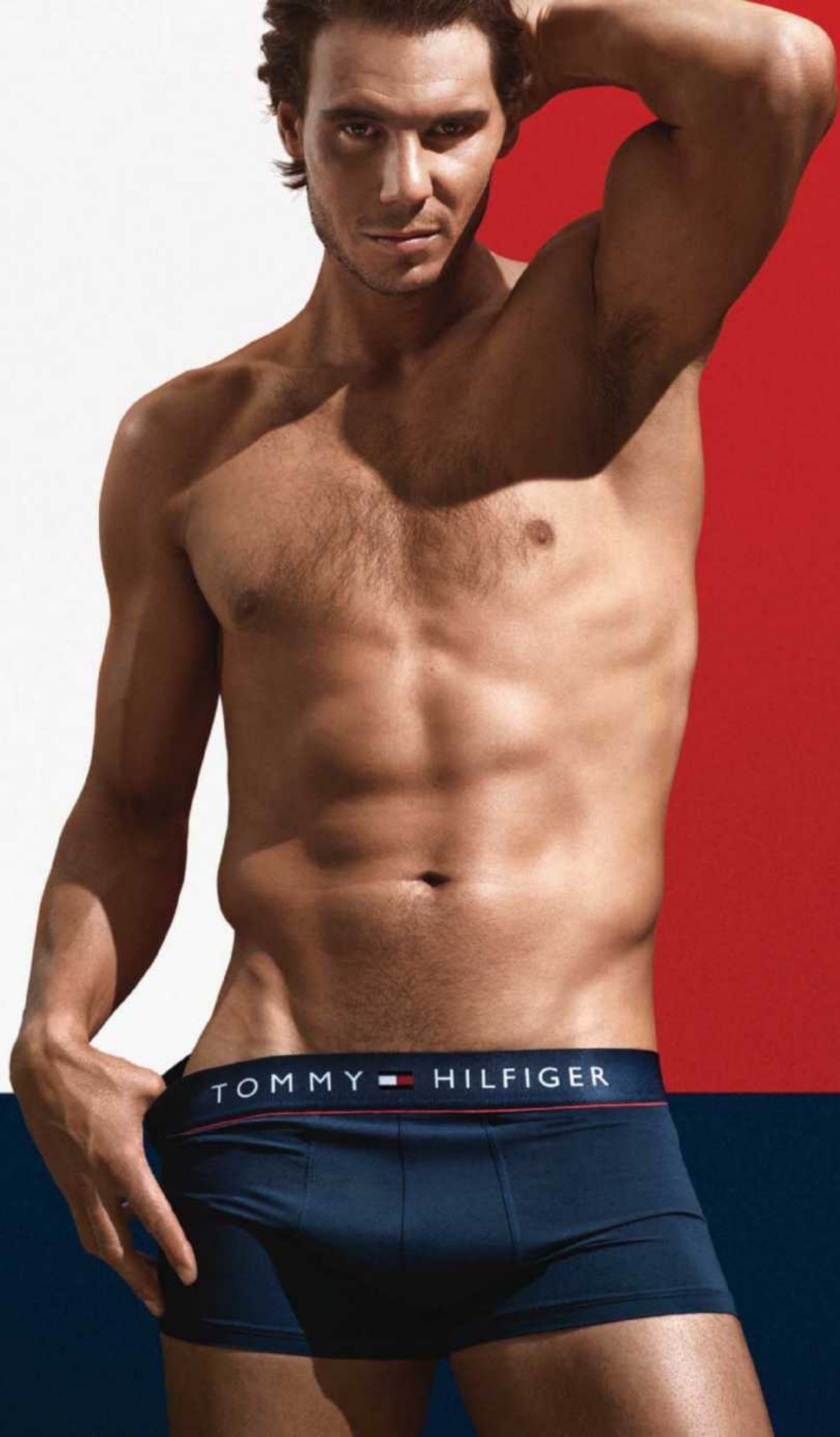


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A full-body photograph of Stephen Curry. He is wearing a black hooded sweatshirt under a black, shiny, possibly satin or silk, blazer. He is leaning forward with his right hand on the ground and his left hand on his hip. He is looking off to the side with a slight smile. The background is a solid, deep red color.

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📱 @ExpressRunway #EXPRESSMEN





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OPPABLE



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BY PETER KOCH

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**T+ TISSOT** THIS IS YOUR TIME



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Clockwise from top left: Levi Brown; Jeff Lipsey; Levi Brown



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#TOMMYXNADAL

THE NEW FRAGRANCE FOR MEN

# TBOLD

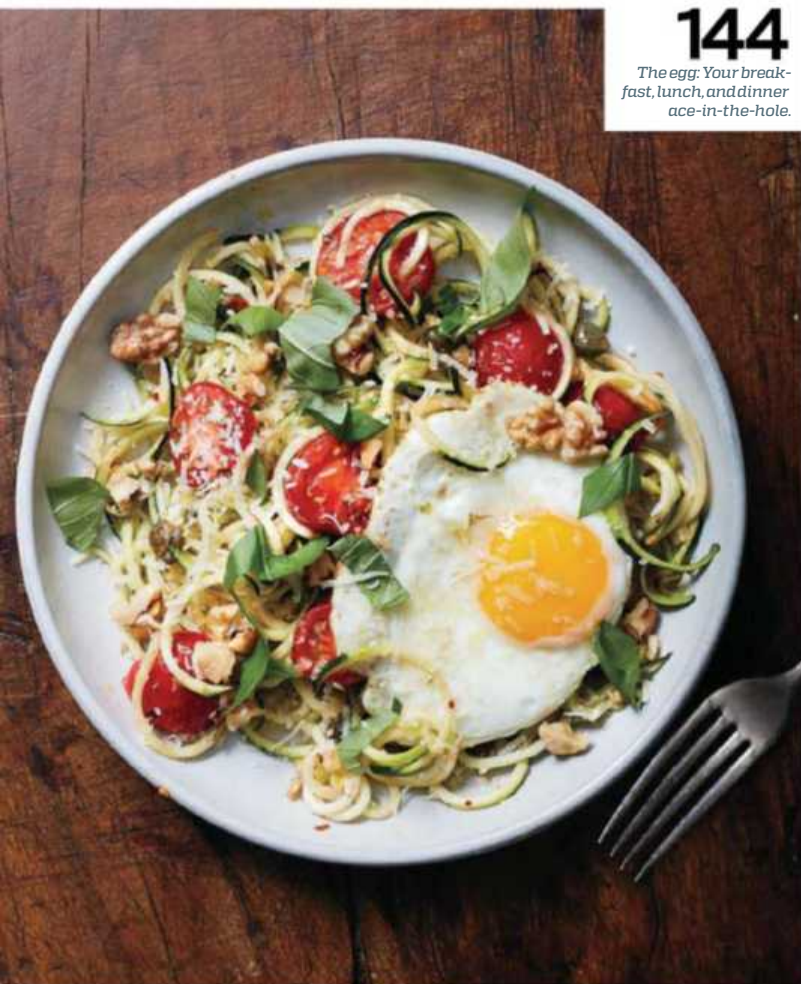
TOMMY  HILFIGER





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The Leica Q, durable and drool-worthy, with a full-frame sensor and built-in wi-fi, is one snappy gift option. For more gifts, flip the issue.

Camera: LEICA

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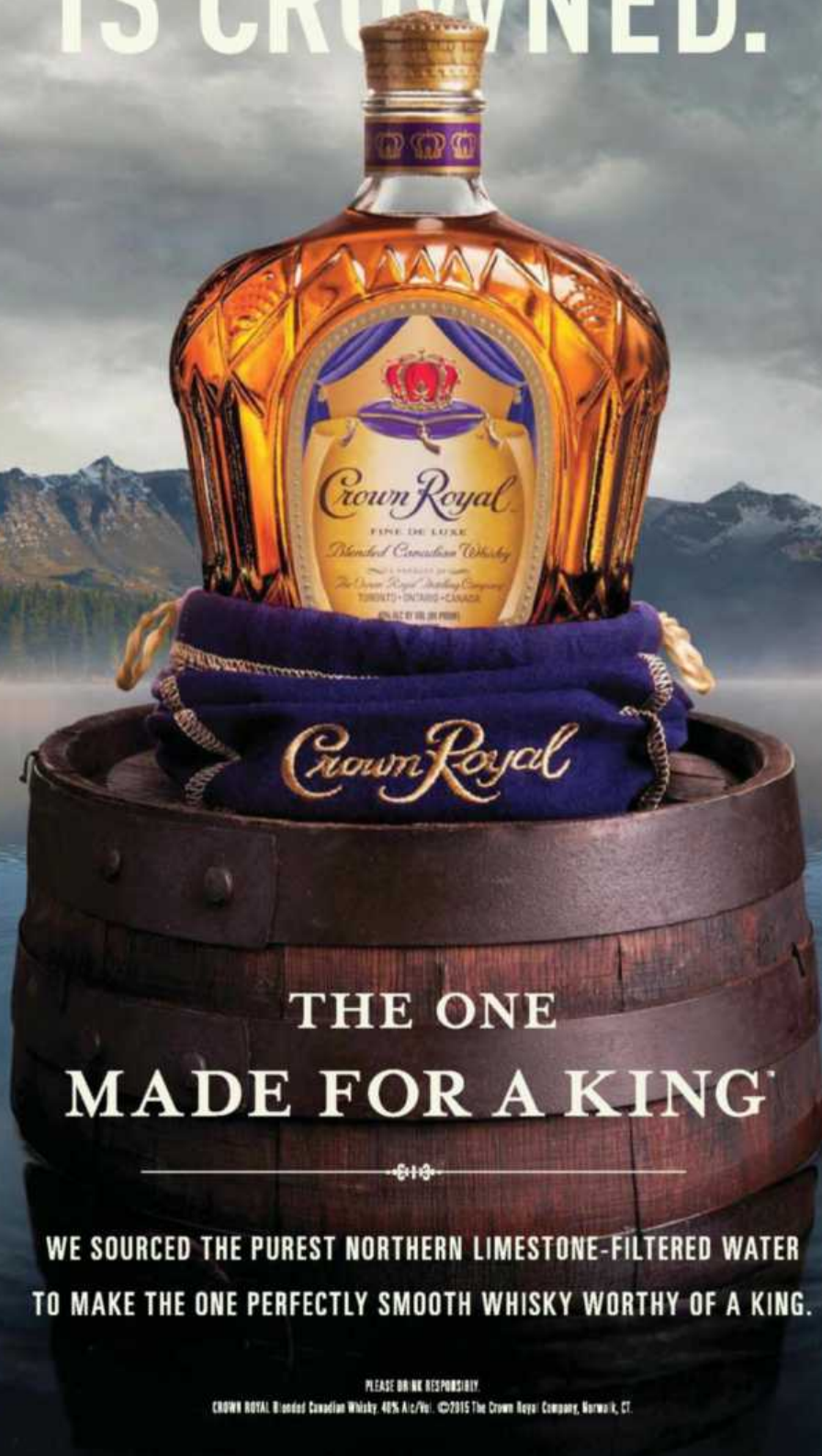
80 GET HOPS LIKE TEXAS LINEMAN JJ WATT WITH OUR GUIDE TO THE BOX JUMP.



Clockwise from top left: Christopher Testani; Richard Pierce; Peter Yang /AUGUST; Donna Troupe



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# Your holiday bonus

When you think about big changes—remaking your body, your career, your life—you think about January: the month of resolutions, of renewal, of repositioning. There's a whole industry built around the concept of "New Year, New You." Heck, most gyms in America would close if they couldn't sell memberships to all those people slipping guiltily into their doors to sweat off the sins of the holidays. ¶ But there's a reason why most New Year's resolutions fail. It's that, as the old saw says, "Those who fail to learn from the past are bound to repeat it." That's why, as I've worked my way up through the ranks to become a CEO, I've always held December sacred. No January resolution will ever come to fruition without a December reflection.

Sometime this month, after all the presents are wrapped (or unwrapped), take a moment to sit and really think about the year that's passed. Think about what ground you gained in 2015—with respect to your career, your fitness, and your overall happiness. What changes did you make this year that helped push you in the right direction? How did your attitudes, your approaches, and the way you presented yourself work best to your advantage? Don't tally up

your wins; that's not helpful. Instead, tally up what was behind them.

Then, once you've figured that out, take a minute to look at your defeats. What did you bring to them, and how was the way you approached those failures different from the way you approached the wins? See where I'm going with this? Why make a resolution for next year if you can't figure out what worked, and what didn't, this year? Get to know yourself and what you're good at before you try to

build a plan for the future.

Our cover star, Michael B. Jordan, is a great example of how this philosophy works. He made a huge splash in the indie film *Fruitvale Station* a few years back and emerged immediately as a serious actor. But a young guy on the verge can become much more than an indie film star if he plays his cards right. He had developed his mind and his talent, but by his own admission, he'd never given much thought to his health or his physique. And he was the last guy you'd pick to star as the son of Carl Weathers' Apollo Creed, who takes on Stallone as a mentor and launches a new generation of boxing superstars in *Creed*, out Nov. 25. So he took stock and made a change. He shares the workout that took him from lanky actor to boxer; it starts on page 134.

Of course, you can't take time to reflect on yourself until you've gotten your holiday shopping out of the way, so (literally) flip the magazine to find our guide to the latest, greatest, coolest fitness, outdoor rec, and tech presents, as well as a slew of other clever, imaginative ideas for the most important people in your life (including you!). It sure beats tube socks and fruitcakes.

My wish for you is that this holiday season is one of joy, celebration, and reflection—one that leads to a prosperous—and confident—New Year.

DAVID J. PECKER  
Chairman, President, and  
Chief Executive Officer  
of American Media, Inc.

RICHARD PIERCE

Top gear. For the coolest new collection of all things toys and tech, flip the magazine. Trust us.



A photograph of Mariano Rivera, a former MLB player, sitting on a wooden bench in a dugout. He is wearing a blue baseball cap, a grey and blue long-sleeved shirt, blue jeans, and blue Skechers sneakers. He is smiling and holding a black baseball glove. In the background, other players in red caps are visible, slightly out of focus.

*Mariano Rivera*  
MARIANO RIVERA

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## This month on MensFitness.com



**Eggus on.** Hit up [mensfitness.com](http://mensfitness.com) for more egg recipes.

### The A.M. Muscle Fuel

Ten of the healthiest breakfasts to start your day.

► [mensfitness.com/musclefuel](http://mensfitness.com/musclefuel)

### Go Ahead, Eat a Ton

Don't be afraid to indulge around the holidays. With these workouts, a food surplus can build more muscle.

► [mensfitness.com/eathuge](http://mensfitness.com/eathuge)

### Down & Dirty: 25 Things Women Hate

From what they like during sex to what they want you to wear, the things these real women told us will surprise—and enlighten—you.

► [mensfitness.com/shesays](http://mensfitness.com/shesays)

### It's Huge! Our 2015 Holiday Gift Guide

Cover all your bases with these presents for everyone on your list.

► [mensfitness.com/giftguides](http://mensfitness.com/giftguides)

### THE 21-DAY SHRED: VERSION 2.0

■ Download our blueprint for the perfect body. The new and improved app is now available. [mensfitness.com/21dayshred](http://mensfitness.com/21dayshred)

### Get the App

Download it for free on your Apple or Android mobile device to unlock deals, offers, and exclusive videos.

### HOW MICHAEL B. JORDAN GOT JACKED

■ In this behind-the-scenes video, the Hollywood heavyweight talks about his knockout performance in *Creed*.

### RYAN GUZMAN'S HEROIC WORKOUT

■ One of TV's reborn *Heroes* on his go-to abs workouts, his personal style, and the most game-changing advice he's ever gotten.

### BUILD A BARREL CHEST

■ Blast your bench record by New Year's with these muscle-building moves.

### HEADING OFF ON A BIG TRIP?

■ Check out our international editions, published in the U.K., Australia, Germany, Qatar, and Saudi Arabia.

# MEN'S FITNESS

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# Adventure calendar

ALL THE THINGS TO DO THIS MONTH IN THE GREAT OUTDOORS



DEC. 9-13

## Bozeman Ice Festival BOZEMAN, MT

Each winter, Bozeman's Hyalite Canyon transforms into one of America's richest, most accessible ice-climbing playgrounds, with more than 250 natural ice and mixed climbs. During the Ice Fest, world-class climbers like Conrad Anker, Steve House, and Kyle Dempster turn this outdoor cathedral into a classroom, teaching five-plus-hour, take-all-comers clinics in which you can learn from the best while testing the latest, greatest gear.

[bozeman-ice-festival.myshopify.com](http://bozeman-ice-festival.myshopify.com)

DEC. 5

## Battle for Black Rock Trail Run MOUNTAIN CITY, GA

"The beauty will mask the pain," says organizer Sean "Run Bum" Blanton of this technical, up-and-down trail race through Black Rock Mountain State Park, Georgia's highest. Don't count on it—but at least the course's gorgeous 12-mile loop (which runners tackle up to three times) features spectacular, end-of-the-world views. [runbuntours.com](http://runbuntours.com)

DEC. 5, 12, 19, 26

## Paddle Among Giants LORETO, BAJA, MEXICO

Endangered whales migrate here in winter looking for savory crustaceans. The best way to see the massive creatures? Bobbing alongside them in a sea kayak. Row Adventures' eight-day kayak camping trips offer unparalleled access to Loreto Bay National Marine Park, where dolphins play among bright tropical fish. [seakayadventures.com](http://seakayadventures.com)

ALL MONTH

## Rendezvous at the Methow Trails WINTHROP, WA

The 120-plus miles of groomed Nordic trails at the nation's largest cross-country ski area are far more than you can ski in a day. No worries. Cozy, woodstove-heated huts—many with spectacular views of the Cascades—are scattered throughout the system so you can put together an epic multi-day backcountry trip. [methowtrails.org](http://methowtrails.org) [rendezvousluts.com](http://rendezvousluts.com)

ALL MONTH

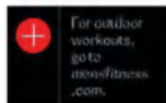
## Fish the Florida Keys Smorgasbord FLORIDA KEYS, FL

Sure, winter northerlies tend to drive prized tarpon and bonefish from the Keys' famous flats. But they also push smaller baitfish inshore—and right behind them are huge barracuda, sea trout, redfish, snapper, and other trophy fish. Pair up with the right guide, and you can reel in dozens of fish in a hard-hitting half-day charter. [visitflorida.com](http://visitflorida.com)

ALL MONTH

## Ride the Red Rocks SEDONA, AZ

With hundreds of miles of technical singletrack, a gorgeous Mars-like landscape, and daytime temps in the 50s and up, Sedona's the perfect place to get your winter fat-tire fix. Then bundle up and head an hour north (and 2,500 feet higher) to Flagstaff's flowy trails—winding through aspen and pine forests—to double down on your adventure. [sedonaredrocktrails.org](http://sedonaredrocktrails.org)



Seth Langbauer



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† To get 4G LTE speed, you must have a 4G LTE capable device and 4G LTE SIM. Actual availability, coverage and speed may vary. LTE is a trademark of ETSI.

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# Breakthroughs

## Eat like a man



**I**f you'd describe a huge hunk of steak as "man food" and rate getting caught eating "girly food"—like a salad or fish—right up there with, say, having one of your nuts served to you on a skewer, then listen up. ¶ Food makers have been peddling their "guys eat this, girls eat that" philosophy for years. Why? Because, as U. of Manitoba researchers recently found, we buy it. ¶ In the study, 93 subjects tasked with classifying foods as "masculine" or "feminine" labeled less-healthy fare (like fried chicken and potatoes) as manlier, and healthier items (salads, yogurt) as girlier. Worse, after tasting three identical but differently labeled muffins (showing a footballer, a ballerina, or a gender-neutral pic), all chose as "tasting best" the muffin packaged to appeal to their own gender. ¶ So dump the stereotypes: Go get yourself a big, healthy salad—and threaten to break the arm of anyone who tries to stop you.—ADAM BIBLE

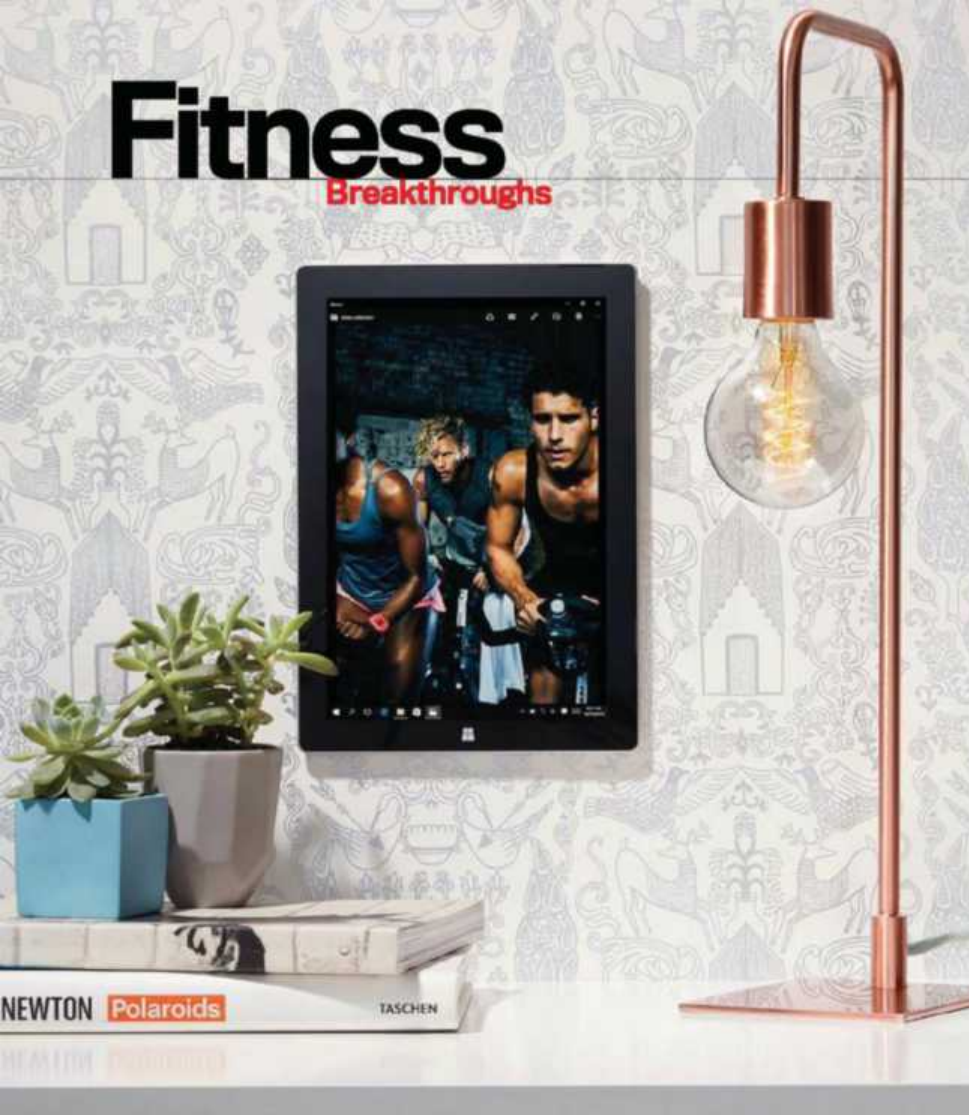
Food styling by Matt Vohr/Halley Resources

What part of "protein packed, vitamin rich, and nutrient dense" sounds girly to you?



# Fitness

## Breakthroughs



## Live, from the gym, it's Streaming Fitness!

**N**o longer do you have to hack your hectic schedule to make it to a class, fight the after-work fitness crowds at exorbitantly pricey gyms, or—sorry—get to brush off a workout because “the highway’s iced up.” ¶ Now there’s live-streaming fitness, being called the “workout of the future” for its irresistible mashup of in-gym classes, virtual-reality fun, and cash-saving economics. Live streaming lets you choose when, where, and which instructor-led classes to take by watching on your smart TV, computer, tablet, or phone—it’s like having a gym in your living room, pocket, or travel bag. And best of all, most services start at around \$10 a month. ¶ Check out DailyBurn, one of the granddaddies of online fitness, which started its streaming service in 2011. Crunch also has a streamer with CrunchLive, and upstart Live Streaming

Fitness features a variety of classes streaming all day. ¶ And if you’re addicted to spinning but find it hard to make (or afford) the classes or just hate fighting a sweaty crowd to get to your favorite bike, Peloton has created a top-

notch indoor cycling-studio experience that’s available both in-house and in your house. It’s a bit pricier than your average streaming class—you have to pony up \$1,995 for your own carbon-steel and aluminum spin bike with a 21-inch HD touchscreen (which, of course, is yours forever) plus a \$39/month fee. But for that you get an amazingly immersive experience, with top indoor-cycling coaches and access to more than 10 live rides a day, during which your stats are shared right in the studio in NYC so you can compete in real time with riders across the country—some of whom have actually raced in the Tour de France.—ADAM BIBLE

**You can spin, lift, crunch, or punch with a live class—and never leave home.**

### And Now, from Our Exercise Hack Pack...

■ Far be it from us to advocate laziness. Hey, when a recent government study reported that 36% of Americans don’t get *any exercise at all*, we felt really sad for all those poor schmoe who’ll never know the joy of breaking their PR. Or seeing their feet.

Having said that, sometimes a few “shortcuts” can come in handy in life—and, yes, even in fitness. Lazy or sly? You decide.

**1 Stand Up & Deliver:** Most experts advise getting up and walking every few hours to prevent health risks like heart disease and diabetes. But simply standing can also work in a pinch: A *European Heart Journal* study found that standing instead of sitting an extra two hours a day can lower blood sugar and boost good cholesterol. Walking’s better, but, just sayin’.

**2 Stroll to Old Age:** Researchers from Germany’s Saarland U. discovered that just a brisk 25-minute stroll every day can increase your life span by up to seven years. After six months of this regimen, even former nonexercisers saw an increase in markers for DNA repair, specifically those related to aging.

**3 Cycle for Money:** Stand-up desks, balance boards, and ball seats have all tried to make the workday more of a workout. But desk cycling may be the way to go. No kidding: Researchers at the U. of Iowa put small pedaling devices under office workers’ desks for 16 weeks, and those who used it for 50 minutes a day lost weight, concentrated better, and got sick less.

### Get Out and Run...but Not Too Far

■ You don’t need to become an extreme endurance athlete—or even a hardcore jogger to experience running’s maximum benefits. In fact, to lower your weight, blood pressure, and risk of respiratory disease and stroke, you need to run only three to six miles, or about 52 minutes, a week, according to recent findings in *Mayo Clinic Proceedings*. Researchers (U.S. cardiologists, exercise physiologists, epidemiologists) in the analysis, which examined previous large-scale studies, also found that running 20 miles or more a week may actually reduce the healthy benefits of intense aerobic exercise.



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## Death to purslane. Long live purslane!

**I**f you've ever witnessed a landscaper, gardener, or yard owner shouting, cursing, and thrashing his grass or garden with a golf club, shovel, or other dangerous metal implement, then chances are you've seen just how a lot of the world feels about purslane. ¶ A succulent that's native to India but—probably by hitchhiking a ride out of town mixed in with other produce—has taken on “invader” status in countries all around the world, purslane has fleshy leaves and stems that lie flat on the ground and create mats that choke plants and kill luscious lawns. But this weed is more than just the John Wayne Gacy of the veggie patch: It's also a plant so full of beta-carotene, vitamins (A, B, C, and E), minerals (calcium, magnesium, and potassium), and omega-3s (ALA and EPA), it's more nutritious than just about any pricey produce you can buy. ¶ To get this healthy, tasty (lemony and spicy) green into your diet, simply pluck it out of your yard (if the ground is pesticide- and herbicide-free), pick it up at Whole Foods, or—if it's past frost season or the ground's covered with snow—buy the seeds online and grow them in a pot on your windowsill. ¶ In a simple salad with some goat cheese and a light vinaigrette, you'll forget what an evil bastard it can be.

### Now We Know: Why Popeye Wasn't Fat...

■ Spinach isn't just an excellent source of vitamins A, C, and K—it may also reduce hunger and cravings, according to a study published in the *Journal of the American College of Nutrition*. It found that compounds in the photosynthesis cells of spinach promote the release of satiety hormones.

### ...but Why He Sometimes Called in Sick

■ Unfortunately, because bacteria like to hang out in the nooks and crannies of its leaves, spinach is also one of the most common causes of food-related illness: Leafy greens like spinach lead the list with more than 2.1 million people getting sick from them in a recent 10-year period. UC Davis has just developed a new titanium-based antioxidant cleaner that promises to kill 99% of the nasty bugs, which are hard to get rid of even with detergent-based vegetable cleaners.

**Purslane isn't just a garden-variety serial killer, it's also a damn tasty salad green.**

### Fat? It May Be Your Brain's Fault

■ Scientists have long suspected that obese people may be “addicted” to food the same way drugies are hooked on narcotics—that is, their brains' pleasure centers are somehow “hardwired” to make cravings start at even the suggestion of the addictive substance.

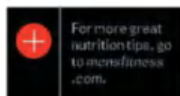
There may be some truth in it. A new study shows that, for getting the brain in an excited state, heroin and

Häagen-Dazs seem to be pretty close buddies.

In the study, presented to the European College of Neuropsychopharmacology (try that one after a couple of car bombs), two groups—one obese, one of normal weight—were fed a buffet, then put in an MRI to track their

brain activity while viewing pics of the same foods. Result: The fat folks' reward centers lit up much more than other subjects'.

What's more, using the study data, researchers were able to predict which subjects would gain weight before the next follow-up. (Take a guess.)





# NAUTICA VOYAGE

KNOW NO BOUNDARIES

THE FRAGRANCE FOR HIM





A nice, lean hunk of pig won't hurt your heart or your diet.

## Lean on pork

### Add these foods and subtract more weight.

■ You already know that to lose weight, there are things you need to take out of your diet: dump-truck-size plates of pasta, shoe boxes full of sugar doughnuts, fast-food soft drink cups big enough to sleep in...

But here's the easy part: Add more fruits, vegetables, and even tofu and, over time, you're practically guaranteed to end up with a healthier weight, according to a 24-year Harvard study involving 117,000-plus people.

Researchers interviewed subjects at four-year intervals and found that, in each four-year

*Trump's a risk-taker—he really should fold.*



### Check Out This Pizza Work

■ Everyone knows that the best way to eat a slice is any damn way you please (except with a knife and fork—duh). Now an Emory U. human-behavior expert swears she knows what your pizza-eating style says about you. Do you fold your slice? You're a risk taker. Eat it crust first? Like the limelight? Dive right in? Probably a perfectionist. Or drag out the cutlery? You're resilient—good, 'cause you'll be using the knife and fork to defend yourself.

### "Iron Man Hungry!"

■ Getting enough iron is crucial for proper growth and development, as well as keeping your cells functioning properly. But too much iron can actually make you hungry by suppressing leptin, the hormone that regulates appetite, says new research in the *Journal of Clinical Investigation*. The daily value for iron is 18 milligrams a day for men (about three cups of spinach or a dozen oysters), so don't go over that if you want to keep your appetite in check.

period, people who ate more veggies and fruits gained less overall (the average gain was 1 lb). Big citrus eaters gained 0.23 lb less; veggie eaters, 0.25 lb less; fruit eaters, 0.53 lb less; berry eaters, 1.11

lbs less; apple/pear eaters, 1.24 lbs less; and tofu/soy eaters a whopping 2.27 lbs less. (Damn you, vegetarians!)

On the other hand, fans of some foods gained as much as 2 lb overall: "Fruit juice

and potatoes were linked to greater weight gain" in the study, says Monica L. Bertoia, Ph.D.



For more great nutrition tips, go to [menfitness.com](http://menfitness.com).



Move over, chicken. Find a corner to sulk in, salmon. Because there's another pro-

tein on the block, and it's just been proven to be every bit as smart to include in a heart-healthy diet as either fish or fowl. ¶ According to new research out of Purdue U., lean pork—like tenderloin and uncured ham without fat—can be included in a diet aimed at both losing weight and lowering blood pressure with no adverse consequences whatsoever. ¶ The 12-week study, conducted on subjects following the highly effective, über-popular DASH diet (heavy on fruits and vegetables, whole grains, low-fat dairy, nuts, and lean meats), found they reduced all measures of hypertension regardless of whether they ate chicken, fish, or lean pork. It's welcome news for any dieter sick of cooking the same rotating meal of poultry and fish night after night.

Food styling by Matt Vohr/Halley Resources; Trump: New York Daily News Archive/Getty





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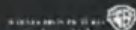


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# Health

## Breakthroughs

### Netflix: Better than sex?

■ Online entertainment behemoth Netflix is taking over our lives.

Yes, this just in from TGD Research: The only two activities average Americans spend more time doing daily than watching Netflix (90 minutes) are sleeping and working. Eating? 70



minutes. Caring for our children? 25. Hopping in the sack for some naked calisthenics? Two. Makes you wonder how we end up having kids at all.

It's being able to watch streaming shows straight through—with no pop-ups or demonic 1-877-Kars4Kids ads—then instantly queue up the next episode that really sucks us in. Netflix itself admitted.

Clearly, our priorities are out of whack and some soul searching's in order.

So let's all just stop and ask ourselves: *What would Frank Underwood do?*

### Crack doctors

■ Chiropractors are often thought of as charlatans, pressing and twisting your body for an hour, creating some satisfying cracks and snaps—then telling you you'll need at least 12 more months of adjustments. But recently they've gained some cred: A new study from the U. of Alberta found that spinal manipulation therapy actually can release stiffness and improve disk health.

### 5, 4, 3, 2...ew

■ Forget the "five-second rule." When you drop food on the floor, it's the amount of bacteria on the spot it hits—not how long it stays there—that determines if it's still safe to eat. Just try to aim for the carpet, Aston U. reports: Tile and wood have 70 times the germs.

### This is just nuts

■ Reasons No. 2,141 and 2,142 to stop smoking: Your teeth will fall out and you'll go psycho.

A joint British/German study found that male smokers are almost four times likelier to lose their teeth than non-smokers, as smoking ups the risk for gum disease and masks bleeding gums—a key symptom of periodontitis.

Cigs are linked to psychosis, too. A Kings College analysis of 61 studies on almost 300,000 smokers and non-smokers found that 57% of people having a first psychotic episode smoked, and daily puffers were twice as likely to become schizophrenic.

Or, maybe psychotics smoke more because, hey, as we all know: *Ya gotta be crazy to do it!*

## A smoke detector for your heart



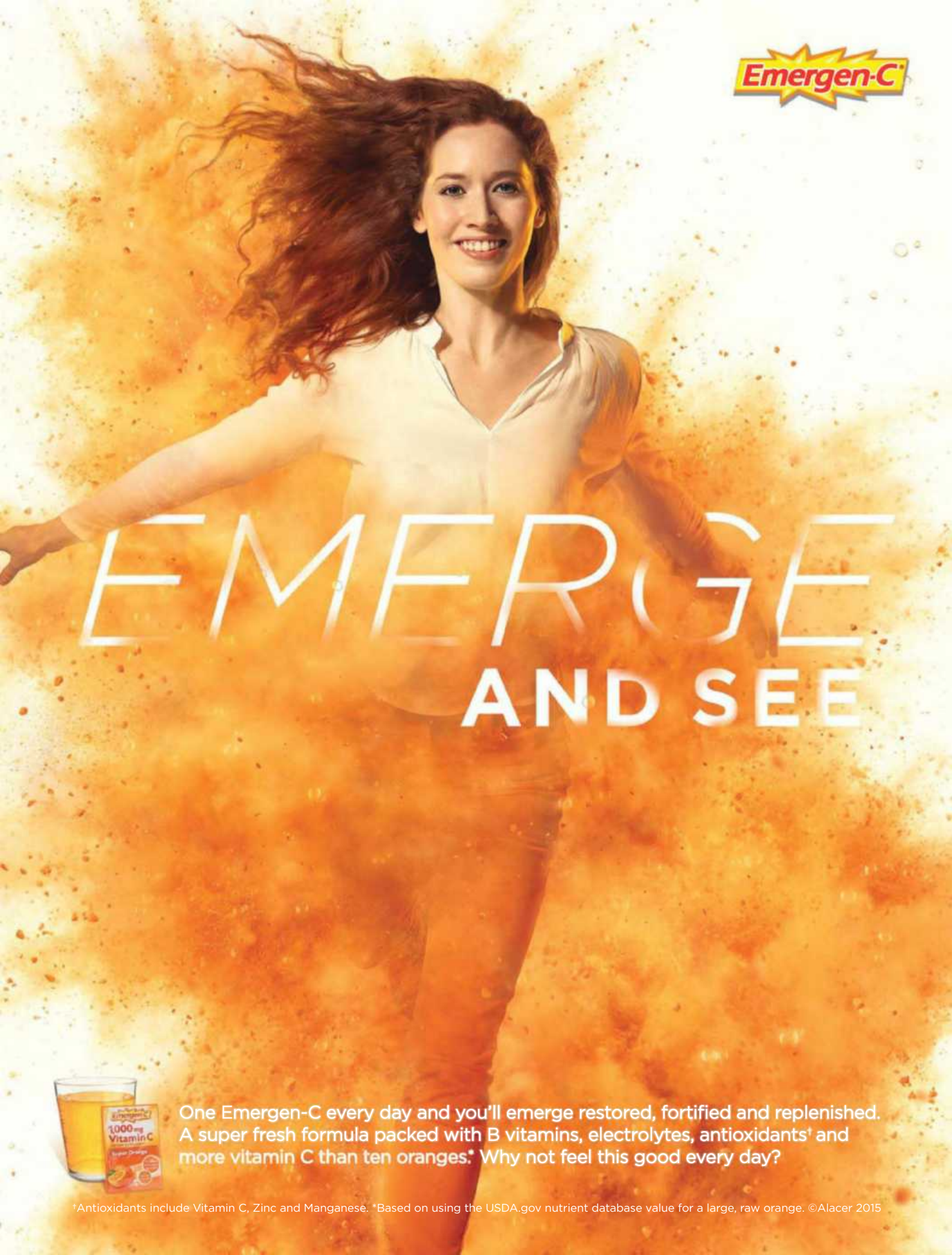
Here's some nervous-making news: A 25-year study in the *Journal of the American College of Cardiology* found that 18- to 30-year-olds with

higher-than-average blood pressure end up with weaker tickers later in life—and you know what that can mean. ¶ So, how's your heart doing? ¶ Luckily, health innovator MocaCare has just released a beaut of a monitor that makes finding out easy—and if you're a gadget guy, you'll love it. The MocaHeart (\$149, [mocascore.com](http://mocascore.com)) is a sleek, credit card-size device that scans your thumb and in just 25 seconds sends your heart rate, blood oxygen, and blood flow (it uses calculations based on blood speed as it travels through the body—displayed on a 1-5 scale—to assess heart health and bp) to an iPhone app (Android's coming any day now). ¶ "Once people monitor their vitals and see positive changes, they're much more engaged and committed to a healthier lifestyle," says Moca medical adviser Adi Nosrati, M.D. ¶ We'd like to keep you around for a while.



Hoping to die young?  
Oh, well then, the  
MocaHeart monitor's  
not for you.





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One "very hard" hit could put your brain on injured reserve.

# Just reading this will make your head hurt.\*

\*But read it anyway.

**T**

Three scenarios: A skull-rattling gridiron hit leaves a player writhing on the field.

A soccer player goes head-first into a goalpost and is carried, unconscious, off the pitch. A guy bangs his head real good on the garage door and sees stars, then comes to after a minute and feels "fine." Who should go to the hospital? ¶ *All of them!* ¶ Odds are they won't, though: A new survey by global health-care company Abbott revealed that a full 64% of U.S. adults didn't seek treatment the last time they hit their heads "very hard." ¶ Is "very hard" enough to cause a concussion? Absolutely. According to the CDC, "Any bump, blow, or jolt to the head... that disrupts the normal function can cause a concussion." Not all impacts will result in a concussion, of course, but if there's a brief change in mental status or consciousness, or an extended period of unconsciousness or memory loss after the injury, then, *bingo!* That's a concussion. ¶ Now, if you're an athlete, there's some potentially good news: Currently being tested on the sidelines at sporting events is a noninvasive device designed to, in just 12 minutes, determine if an athlete has had a concussion by using two earbuds—a transmitter and a receiver—to pulse a series of sound waves through his cranial cavity. If the noninvasive gizmo, developed by the Vanderbilt Sports Concussion Center, is effective, it could be approved by the FDA by 2017. ¶ But the rest of us will still have only ourselves to trust to make the right decision and get the care we need. So the next time you smash your head hard enough that the room spins, err on the side of caution and see a doc. ¶ Ignore that advice, and you really should have your head examined.

### She Ain't Heavy, She—Oh, Wait, Yes, She Is

■ Be careful how you share this one with your siblings: In a recent Australian study involving 13,000 sisters, the firstborn were found to be 29% more likely to be overweight than the second born; they also had a higher risk for high blood pressure.

The Auckland U. researchers think it may have to do with earlier babies getting less blood and nutrients in utero, because of the narrower vessels that typically accompany first pregnancies.

The syndrome may be advantageous for men (and future linebackers), though: Previous studies showed that firstborn males are taller and heavier.

### Stick with Good Ol' Ivory

■ Triclosan, the most common anti-septic ingredient in antibacterial soap, isn't actually that great at killing germs when used in "real world" conditions, says a study in the *Journal of Antimicrobial Chemotherapy*.

Researchers exposed bacteria to 0.3% triclosan—the

max allowed by law—for 20 seconds at room temperature and found no significant die-off when compared with regular soap. Only after being exposed to the triclosan for more than nine hours did a high number kick off.

So skip the sanitizers and wash your hands vigorously with soap. It's better for us anyway, science says: Our over-zealousness toward germs is making them stronger, not weaker—building their resistance and creating a super-race that's becoming increasingly difficult to fight.



For more ways to stay healthy, go to [menfitness.com](http://menfitness.com).

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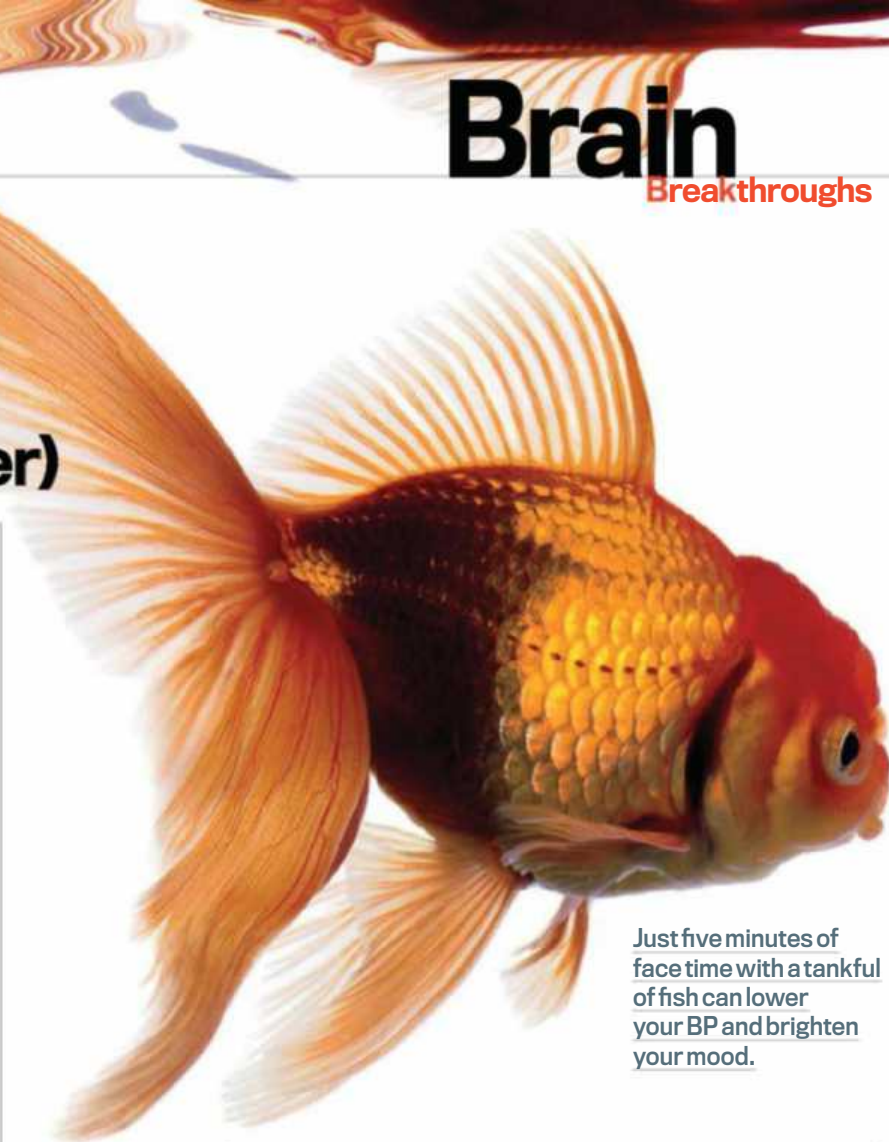
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## Get tanked (you'll feel better)

**Y**ou can almost imagine scientists' delighted squeals when England's National Marine Aquarium announced its 2014 plan to empty its monstrous 550,000-liter tank, refurbish it, and restock it with bounteous new species of fish. Knowing that exposing humans to "green space" like parks and gardens can lower blood pressure, fight stress, and lift depression, the researchers realized it was the opportunity of a lifetime: a chance to talk almost 200 people into staring at a fish tank for months to see how it affected them. ¶ Actually, it was a pretty cool experiment: For a few minutes one to three times a week for 10 months, subjects observed the tank empty (just seaweed, coral, and water), semistocked, and, finally, fully fished-up. And though even "fishless," it had a calming effect, the more fish they added, the longer subjects watched—and, consequently, the lower their blood pressure dropped and the happier they felt. ¶ It takes just five minutes to feel the fishy effects, the Plymouth/Exeter study found, and, says the aquarium's Deborah Cracknell, even "small home aquariums may very well provide well-being benefits." ¶ Live fish not in your future? Take a break with a deep-sea screen saver.

For more ways to train your brain, visit [mensfitness.com/brainpower](http://mensfitness.com/brainpower).



Just five minutes of face time with a tankful of fish can lower your BP and brighten your mood.

### Return of the tinfoil hats?

■ It's baaaaaack: the idea that cell phones may boost your risk of brain cancer. But who knows, maybe this time it's true?

A new study in *Electromagnetic Biology and Medicine* links long-term exposure to radiation from cell phones to a higher risk of specific brain cancers, particularly when the phone is held against the ear. The mega-study—

a statistical analysis of hundreds of studies on low-intensity radio frequency radiation (LIRF) and cell phone use—was conducted by scientists in Kiev and "revealed consistent patterns not seen in single studies," says team leader Igor Yakymenko.

"We saw that 'heavy users' were at three to five times higher risk for brain cancer and tumors of the acoustic nerve," he says. The study defined

"heavy user" as someone who uses a cell more than 20 minutes a day for five to 10 years—so, like, everybody. Yet, Yakymenko conceded, the incidence of brain cancer in adults is just 6.4 per 100,000.

Even so, "the less exposure the better," he warns. "Reduce call times, go hands-free when possible, and consider your landline"—those must still be big in Ukraine—"as an alternative."

### The good news is, you quit smoking...

■ ...the bad news is, you're now addicted to Tetris. U. of Plymouth found playing the game can reduce cravings for drugs, alcohol, nicotine, food, and even sex by about 15%.

### Roll over, Alzheimer's

■ Sleeping on your side may help your brain. Stony Brook U. found that the "lymphatic pathways" of anesthetized mice laid on their sides got rid of amyloid beta—a plaque-causing protein linked to Alzheimer's—25% better than in back or belly sleepers. No claims of side sleeping preventing Alzheimer's yet. But for now, it might help with your snoring.

### Conspiracies are for dunces

■ Believe the Apollo moon landings were faked? That 9/11 was an inside job? Congratulations! A new study shows you'll believe, well...just about anything.

And no wonder: Italian researchers exploring the world of conspiracy theories via public Facebook posts and a clever algorithm found that conspiracy theorists got their news from, and interacted with, only "alternative" sites, believing that anything mainstream was simply part of the conspiracy.

One of the most revealing findings in the study, published in *PLoS One*, was that conspiracy theorists couldn't

distinguish between actual conspiracy news items and 4,000-plus false conspiracy items—about Viagra-laden chemtrails, for example—that the researchers created.

Conspiracy theories are "formulated to convey general paranoia," says the study's Walter Quattrocchi, Ph.D. We'd still like to get to the bottom of the Kennedy assassination, though. One bullet? Bullshit.

—JAMES ROSENTHAL



From top: Mark Latta/Getty Stock; NASA/Handout/Getty

# The Game Changers

On September 24, 2015, MEN'S FITNESS celebrated the 2015 Game Changers—men breaking boundaries in the worlds of sports, finance, fashion, health, and media. To recognize their achievements over the past year, MEN'S FITNESS took over the Palihouse in West Hollywood for a night of celebration.



2015 Game Changer cover star Miles Teller and model Keleigh Sperry



Charlie Barnett (in Vince Camuto)



Colton Haynes (in Bulova)



Glen Powell (in Vince Camuto)



MEN'S FITNESS Editorial Director Dave Zinczenko and Matt McGorry



Josh Hutcherson



Johnny Whitworth and Maggie Day



Adam and Ryan Goldston of Athletic Propulsion Labs



Stephen "tWitch" Boss and Travis Van Winkle



Julian Morris



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# Success

## Breakthroughs

## Feed her, feed her passion

**Y**ou've seen the covers of romance novels—muscly men in pirate pants having their way with bosomy wenches in bustiers. But if a guy really wants to sweep a lady off her feet and into the sack, he should just skip all the period drama and get her some dinner. ¶ Yes, the way to fire up a woman's passion is to fill up her stomach, says a new study conducted at Drexel and U. Penn, where researchers showed 20 women—among whom half had fasted and half had eaten—romantic images like couples embracing or holding hands, and found that the women whose stomachs were full were more turned on by the romantic cues than the women who were still hungry. ¶ “It could be that, evolutionarily, eating is more immediately important for survival than sex and romance, so that need has to be met first,” says study co-author Alice Ely, Ph.D. “Once the hunger’s gone, sex and romance become more interesting.” (Though, when’s the last time you said, “Put your panties back on, let’s go get some food first?”) ¶ At any rate, while a quiet dinner out is nice, a romantic dinner in, enjoying your signature dish (don’t have one? get one!) by candlelight is better. ¶ Remember: Treat her nice...make her dinner...make *her* dinner. —J.R.

## Are you “enthusiastic?” A “team player?” Keep it off your résumé

■ What gets job recruiters’ votes for “worst résumé gaffes?”

In a poll of 864 of them, the winners—er, losers—were:

- Typos/grammatical errors
- Overly casual tone
- Jargon/clichés
- Two-plus pages
- “Snazzy” background/borders
- Writing in the third person
- Clip art/emoji
- Cringeworthy quotes
- Unprofessional e-mail address
- Unprofessional font

HR folks especially hate clichés, like saying you’re “enthusiastic,” “a team player,” or “a hard worker,” reports London’s New College of the Humanities, which conducted the poll. “If you’re a ‘hard worker,’ be creative—use a different phrase, and back it up with examples,” says Swatee Jasoria, NCH’s professional development director, adding that employers want originality.

We couldn’t agree more, dawg.

**Tell your boss you’re going the f\*\*k home**



■ Working 41–48 hours a week instead of a “normal” 35–40 raises your risk of stroke by 10%; toiling 49–54 hours ups it by 27%; and slaving away for 55 hours hoists it by a shocking 33%. The University College London mega-analysis of 25 previous studies involving some half a million adults in the U.S., Europe, and Australia just confirms what we’ve always said: Sometimes the smartest four words a man can say are “Time to go home.”

## An easier way to get out of debt

■ The classic approach to paying off debts—tackling them from the largest (so you save on interest) to the smallest—may not be the best strategy in the long haul.

Instead, a Texas A&M study found, “snowballing” the debts—paying off the smallest first—may motivate

debtors to not give up on the task.

Subjects were given tedious typing tasks, sorted by “easiest first” or “easiest last.” Those who got to do the easiest first were about 13% more productive.

“Completing tasks in ascending order of difficulty leads to better performance,” says study head Alex Brown.

Start small, win big down the road.

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Escape the aggravation of in-store tuxedo shopping by renting an elegant, perfect-fitting tux online.

## Tux relief



An impeccable tuxedo on a well-groomed guy is near impossible to resist (say most women everywhere). Yet

the tux-rental industry's reputation for clunky tailoring, subpar fabrications, and awkward, inconvenient fittings has made tux shopping something most guys would (or have) run screaming from. ¶ But now...ta-da! A handful of websites are offering expedient, reasonably priced rentals of high-quality, perfectly fitting tuxes. The Black Tux ([theblacktux.com](http://theblacktux.com)), for example, walks individuals or whole wedding parties through selection, sizing, and ordering—and on the off chance yours arrives with a problem, they'll speed you a replacement. ¶ Another company, Menguin ([menguin.com](http://menguin.com)), takes a similar tack, offering a handsome selection of upscale styles as well as services covering the sorts of things guys aren't great at, like, "groomsmen management." ¶ Meanwhile, George "You're gonna like the way you look" Zimmer, former CEO of Men's Wearhouse, has started Generation Tux ([generationtux.com](http://generationtux.com)) offering classic formalwear plus pre-styled looks. ¶ Now there's no excuse for showing up in some fishy-looking penguin suit...unless, of course, you're a penguin. —ANDREW C. STONE

### Black is the new black

■ Picking your clothes for a date? Skip the color wheel and stick to black: 66% of women and 46% of men like it best, saying it communicates intelligence, confidence, and overall sexiness without generating negative flak, a new survey by Brit website [buytshirts.online.co.uk](http://buytshirts.online.co.uk) reports. Red, in second place, can seem "arrogant," said 66% of the study's respondents and all the bulls in Spain.



### Are you a made man?

■ There's a sweet old notion that every young man has been taught how to shave by his dear, old dad.

But for the rest of us who've had to wing it in terms of shaving, skin care, hair styling, body grooming, pimple ablation, and so

forth our whole lives, there's the new guide *Manmade: The Essential Skincare & Grooming Reference for Every Man* by Chris Salgado (\$30).

This smart, straightforward manual from Salgado, the president of skin care line Kiehl's, will take you from well-worn to perfectly shorn without insulting your manhood (or trying to sell you any products). It'll also fit nicely in your brother's/hubby's/buddy's holiday stocking—or under your grizzled old pa's straw pillow.

Sure, you'll wear that fuchsia crocheted beanie someday...

■ Of course you really won't, and it's not your fault: A recent [thread.com](http://thread.com) study found that most men wear only 13% of all the clothes in their closet.

It's their wives and girlfriends who may be forcing them to buy clothes they don't need or like—and then resist wearing, says Thread stylist Sophie Gaten. "Guys are wary of those more daring pieces, like prints or brights, because they're not sure how to mix and match."

But consumer behavior consultant Philip Graves has another theory: that men wear fewer of their clothes because

they can. "Women don't want to be seen in the same dress twice," Graves says, "but there's no male equivalent for that. Men are more interested in projecting a consistent image, whereas society pressures women to constantly reinvent themselves."

So how to go from wearing 13% to 100% of what you own? Pare down. "Having dark jeans that fit you well, a fitted tee in a neutral, and a navy, gray, or black sweater is a great starting point," says Gaten.

And, hey, it'll work with the beanie. —PAM NULLET

A black and white photograph of a man and a woman. The man, on the left, has dark hair and is wearing a dark jacket over a white shirt and a dark tie. The woman, on the right, has blonde hair with bangs and is wearing a dark jacket over a light-colored collared shirt. They are both looking towards the camera. The woman's hand is resting on the man's chest. Both are wearing watches. The man's watch has a dark dial and a dark strap. The woman's watch has a light-colored dial and a metal link strap. The text "KENNETH COLE" is overlaid in the center in a large, white, sans-serif font.

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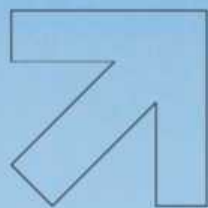
  
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New Lee jeans are available at **Kohl's®**, **Kohls.com** and **Lee.com**

# Game Changers



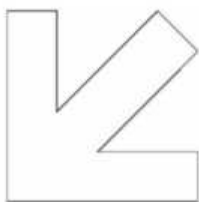
## Mountains that come to you

Why waste precious powder time on an hours-long trek from the runway to the resort? These three stellar ski towns, with their killer mountains, are just a snowball's throw from a major airport. By Will Cockrell

**Get in the Hole!**  
Jackson Hole Mountain Resort has invested heavily in intermediate-level runs.

Tristan Greszko





So you've scored some precious days off and want to spend your time on the slopes, not in a hundred-mile convoy from the airport. Good news: These three top ski spots boast nearby airports with early flights, so you'll be waist-deep in powder the day you fly in. (Soon, one destination, Heavenly, in South Lake Tahoe, will have a stoplight-free drive from the airport to the resort.) Plus, they've spent millions on upgrades and partnered with town businesses, so the terrain, amenities, dining, and entertainment options are world class. Let's just say you won't mind sitting out a storm day.

## BLACK DIAMONDS AND BLACKJACK Heavenly Ski Resort, CA

■ This "Heavenly" resort towers over revamped nearby casinos (the area's seen \$100 million in investment recently), which means you can go big on the mountain and even bigger afterward.

**THE SLOPES:** Aside from breathtaking views across Lake Tahoe, Heavenly has more skiable acres (4,800) than any other resort in the region.

**THE VIBE:** The new Hard Rock Casino is a fun, Vegas-like playground, hosting big-name bands all winter. For a quieter night, indulge in high-end eats at 19 Kitchen and Bar.

**THE STAY:** Eschew lodge clichés by booking one of the area's reimagined motels, like Basecamp, a manly spot with a lived-in leather-and-urban-rustic feel.

**THE TRIP:** Heavenly is less than an hour from the Reno-Tahoe International Airport, which has direct flights from 18 cities, including new JetBlue dailies from NYC. [skiheavenly.com](http://skiheavenly.com)

## SKI-IN, SKI-OUT SALOONS Jackson Hole Mountain Resort, WY

■ Considered by many to be the biggest, baddest ski spot in America, Jackson Hole is also one of the easiest to get to. The quintessential Old West mountain town, it's a place where you can shred black diamonds while wearing your favorite cowboy hat.

**THE SLOPES:** Expect a few butterflies as you board Jackson's iconic tram, then glide up over the craggiest, steepest lines in the Rockies. The brand-new Teton Lift accesses 200 untapped acres of expert terrain, but lately Jackson Hole has also made a big push to open up its more intermediate Casper area, allowing skiers and riders to experience that big-mountain feel without the vertigo.

**THE VIBE:** Jackson Hole's odd mixture of millionaires and ranchers gives it a small-town Western feel but with a subtle urban edge. Saddle up for at least one beer at rowdy hangout Cowboy Bar, then have

a steak the way it's meant to taste at new restaurant Local.

**THE STAY:** Hotel Terra has full-frontal views of the mountain and free shuttles into town.

**THE TRIP:** Jackson Hole Mountain Resort is about a half-hour drive from the Jackson Hole Airport, which has more direct flights and connections than any other remote mountain airport in the country. (Planes land right in Grand Teton National Park.) [jacksonhole.com](http://jacksonhole.com)



**Steamy.** Stare up at what you skied down while hot-tubbing on the roof of Jackson Hole's Hotel Terra.

## SUN, SNOW, AND SUNDANCE Park City Mountain, UT

■ Starting this season, neighboring ski areas Park City and Canyons combined to turn themselves into the largest ski area in the country, with 7,300 acres blanketed by Utah's notoriously light, fluffy snow (350 inches per year!).

**THE SLOPES:** On a powder day, Jupiter Peak is the place to be. (Hiking the 10,000-foot summit is a fun mission in itself.) When you're cooked, ski intermediate blue runs down to the Quit'n Time trail, which will spit you out onto buzzing Main Street.

**THE VIBE:** The Sundance Film Festival has turned Park City into a mini metropolis with a seriously interesting dining scene and quirky cultural offerings but still plenty of ski-town charm. Don't miss the daily whiskey tasting at High West saloon, where the resident sommelier tour is a must.

**THE STAY:** Snag a room at the tony Washington School House, a converted hundred-plus-year-old stone boutique hotel.

**THE TRIP:** Park City is 40 minutes from Salt Lake City International Airport, with its several daily nonstops from almost every major city in the country. [parkcitymountain.com](http://parkcitymountain.com)



**Powder and pints.** Urban chic in the mountains at the Basecamp Hotel (above), near Heavenly; fresh tracks at Park City (left), home of the Sundance Film Festival.

Clockwise from top: Courtesy of Hotel Terra; courtesy of Basecamp Hotel; Scott Markowitz/Aurora Photos





# paco rabanne

## INVICTUS



TESTED TOUGH IN THE  
PACIFIC NORTHWEST

WHERE THERE'S NO SUCH  
THING AS GETTING SNOWED IN.



# GEAR UP FOR THE COLD



## MEN'S PLATINUM 860 TURBODOWN™ DOWN JACKET

Packing serious heat for the active winter adventurer, this progressive men's jacket has ultimate lightweight warmth and heat retention, even when wet—taking you from mountain to street with ease.

## Dick's Sporting Goods and Columbia Sportswear

have partnered to help you  
GEAR UP FOR THE COLD this winter.

Check out these must-have items to keep you  
warm and active during the cold months.



## BUGABOOT™ OMNI-HEAT™

Designed for cold and wet outdoor conditions, these boots feature waterproof protection and Omni-Heat Thermal Reflective lining, maximizing warmth and comfort all-day. This super-warm boot is perfect for building snowmen, and also pretty great for kicking them over and stomping them into extra snowballs for the fight that said action might trigger.



#### **MEN'S REDMOND™ WATERPROOF MID**

An Omni-Grip™ non-marking rubber outsole keeps you stable on all types of terrain. A super comfortable boot that's perfect for picnics, horseshoes, three-legged races, playing catch, or just plain playing... in the pouring rain.



#### **MEN'S REBEL RAVINE™ FLEECE JACKET**

Steeped in rugged yet sophisticated style, this cozy fleece full-zip is crafted from a handsome sweater-face fleece with a rich, heathered texture and breathable, sweat-wicking performance—delivering supreme style and comfort during active outdoor missions in the chill.

#### **WINTER BLUR™ BEANIE**

For a long day at the slopes or just strolling through town, pull on this fun, slightly slouchy striped knit beanie for alpine warmth and style.



## **Gear up for the cold SWEEPSTAKES**

Enter for a chance to win a Ski Trip for you and a guest along with winter gear from **Dick's Sporting Goods** and **Columbia Sportswear** to suit your winter activity needs

**HOW IT WORKS:** Simply follow MEN'S FITNESS on twitter and keep a lookout for a tweet mentioning the sweepstakes on December 1st. Simply retweet the MEN'S FITNESS Winter Gear Guide tweet to enter.

**ONE LUCKY WINNER** will win a Skiing vacation for two along with winter gear from Dick's Sporting Goods and Columbia Sportswear

All entries must be received by December 7th.



No Purchase Necessary. Open to all legal residents of the 50 United States and the District of Columbia, age 18 or older. Void where prohibited by law. To enter and for Official Rules go to [Mensfitness.com/giveaways](http://Mensfitness.com/giveaways).



FOG-FREE GOGGLES

## Julbo Aerospace

■ Whenever you need to air these out, just snap the lens open a hair and the mist disappears. Julbo's latest innovation also pairs with the brand's cutting-edge photochromic lenses that automatically dim or brighten based on light, so you never have to change lenses, regardless of the conditions.

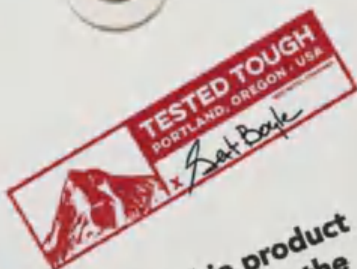
\$240, [julbousa.com](http://julbousa.com)

# Powder players

Ditch the old-school parka and clumsy snowsuit: The newest high-tech ski and snowboard wear looks every bit as great as it works

By Michael Frank  
Photographs by Levi Brown  
Ice Sculpture by Brian Byrne





This Columbia product  
is tested tough in the  
Pacific Northwest.

Where the snow is  
as soft as concrete.

The TurboDown Jacket

#TestedTough

 Columbia

AVAILABLE AT:



[Dicks.com/Columbia](http://Dicks.com/Columbia)



 Columbia





1

## A COOL WARM HAT Aether Stripe

■ Aether, the rare brand with serious technical chops and an urban sense of style, has elevated even a simple beanie into a statement piece. The plush wool-cashmere blend keeps you warm and cozy without the itch, and the simple stripe makes this something you can wear on the slopes or to work with a smart overcoat or suit.

\$75, [aether apparel.com](http://aetherapparel.com)

2

## BARELY THERE SHELL Black Diamond Dawn Patrol LT

■ Ski shells can feel like cardboard parkas, whereas the 540-gram Dawn Patrol feels like your favorite T-shirt. The cut is athletic, and its minimalist softshell fabric stretches with you yet still repels water and wind. Plus, the hood is big enough to cinch over a helmet, and there's sewn-in routing for headphone cords.

\$279, [blackdiamond equipment.com](http://blackdiamondequipment.com)

3

## INNOVATIVE INSULATION Columbia 860 TurboDown

■ A basic puffy has one fatal flaw: Down doesn't work once it gets wet. The award-winning TurboDown is the solution, as the 860-fill down baffles on the outside offer warmth, while the synthetic insulation layer next to your body wicks moisture away from your skin and stays warm if it does get wet.

\$180, [dickssporting goods.com](http://dickssportinggoods.com)

4

## TOUGH GLOVES FROM THE SWEDES Hestra Leather Swisswool Merino

■ Hestra has been lovingly making gloves for elite skiers since 1936, and your hands will feel the difference. Here, the cowhide back protects against the elements, but the goatskin palm is supple for dexterity, and the superwarm wool liner naturally wicks sweat and stays dry.

\$185, [hestra gloves.com](http://hestragloves.com)

5

## SHRED-READY PANTS Flylow Stash

■ Like a pair of Dickies for snow sports, the Stash is an over-built work pant for the slopes. Double-layer nylon panels on the lower cuff fend off branches and scuffs, while the rest of the fabric is supple but waterproof and breathable, with taped seams to further protect you from precipitation. Zippered vents will keep you cool on warm spring days.

\$215, [flylowgear.com](http://flylowgear.com)

6

## HEAT FOR YOUR FEET Columbia Bugaboot

■ Your feet deserve the best after you kick off those ski boots. These slush-busters are rated to -25°F and will keep you plenty cozy as you load the car and then head to the après bar. Columbia's patented Omni-Heat uses a foil lining to reflect body heat back onto your weary toes, and meaty lugs offer solid traction.

\$110, [dickssporting goods.com](http://dickssportinggoods.com)





WATERPROOF

Columbia



200gram



This Columbia product  
is tested tough in the  
Pacific Northwest.

Because a glacier  
is just a hike away.

#TestedTough



AVAILABLE AT:





# Rage against the machines

Is the equipment you're using to build your body ineffective or—worse—downright dangerous? Don't compromise your safety or your gains. Here's what to do instead.

By Sean Hyson, C.S.C.S.  
Photographs by James Michelfelder



If the *Terminator* movies have taught us anything, it's that machines can't be

trusted. This is especially true when discussing the exercise machines in your gym, which aren't designed to accommodate individual differences in body types, such as limb length and joint structure. As a result, training with machines, unlike with free weights, can fail to stimulate your muscles optimally and put you at risk for injury. The following are three of the worst offenders, per John Rusin, D.P.T., a physical therapist and strength coach to pro athletes ([drjohnrusin.com](http://drjohnrusin.com)), and our picks for more effective alternatives.



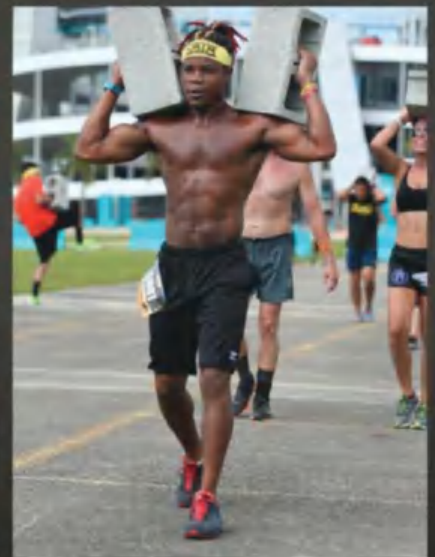
Illustrations by Harvey Symons

**Enough preaching!** Machine curls put the shoulders and biceps at risk.

**Incline to gain.** Doing curls on an incline bench allows for safer, stronger biceps training.

# CONQUER THE CHALLENGE

**T**his year MEN'S FITNESS partnered with City Challenge Obstacle Race for two co-branded events. Taking place in Jersey City, NJ and Miami, FL this fastest growing urban obstacle race series in the country transformed urban areas into exciting outdoor obstacle courses packed with various challenges—from cargo net climbs to taxi cab parkour, and monkey bars to bear crawls.



2015 event partners

**ISOPURE**  
WE'RE ALL MORE THAN MUSCLE

**Neutrogena**  
#1 DERMATOLOGIST RECOMMENDED SUNCARE

**SKECHERS**  
PERFORMANCE  
DIVISION

**vita fusion**  
#1 Adult Gummy Vitamin Brand

**Xperio UV**  
Superior Polarized P<sub>2</sub> Sun Lenses



**THE MACHINE:**  
**Preacher Curl**  
(previous page)

**THE PROBLEM:** The free-weight bench version of the preacher curl has its drawbacks, but the machine version is “orthopedically evil,” says Rusin, because you can’t reposition your body to use it safely. It forces your shoulders into a protracted position, “and in some cases even internally rotates and elevates them, putting unwanted stress on the shoulder complex.” It can also lead to an extreme stretch on the lower part of the biceps, where it inserts into the elbow, which can result in a biceps tear.

**THE UPGRADE:** The prone incline dumbbell curl. Set a bench to 45 degrees and lie on it chest down with a dumbbell in each hand; curl with palms facing up, bringing your elbows forward slightly as the weights rise.

“This movement allows the shoulders to remain in a neutral position,” Rusin says, “while also taking advantage of the more natural movement paths that dumbbells offer.”

**The seated ab rotation is “the most debilitating machine in the gym.”**

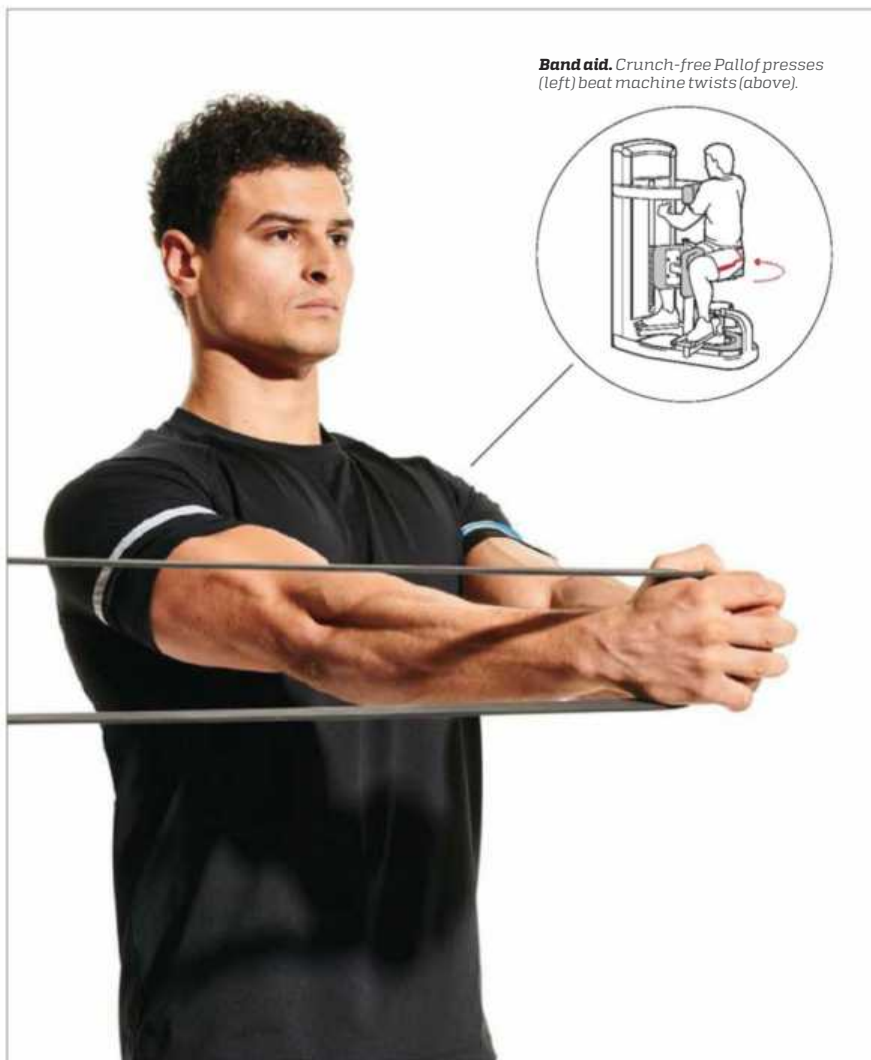
**THE MACHINE:**  
**Seated Ab Rotation**

**THE PROBLEM:** This is the Chubby Checker-inspired ab machine you sit in to do a twistlike dance move. “Combining flexion, rotation, and side bending simultaneously at the lumbar spine is a terrible triad,” says Rusin. Not only do the position and added weight put your back at risk, but the element of increasing speed (the machine allows you to swing your legs violently side to side) and sudden direction changes prompt Rusin to call the ab rotation “the most debilitating machine in the gym.”

**THE UPGRADE:** The Pallof press. Attach a band to a sturdy object at chest height and grasp it with both hands. Stand perpendicular to the machine and press the band out to arms’ length in front of you. Don’t let it twist your body. Resisting rotation, rather than training it directly, integrates the shoulders and hips to strengthen the core.

**THE MACHINE:**  
**Seated Leg Curl**

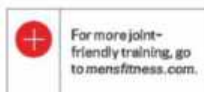
**THE PROBLEM:** Sitting down tilts your pelvis backward, which flattens out the arch in your lumbar spine. An unnatural position to work the hamstrings in, it actually increases the



**Band aid.** Crunch-free Pallof presses (left) beat machine twists (above).

compressive forces on the hams where they insert into the back of the knees. “The heavier you go, the more likely the compensation at the pelvis,” says Rusin—and that could cause a knee injury.

**THE UPGRADE:** The Swiss ball leg curl (photo and description on page 138). It’s one of the few hamstring exercises that train the muscles’ two functions simultaneously—extending the hips and bending the knees.



## HARD FACTS

OUR TRAINING DIRECTOR, SEAN HYSON, SOLVES YOUR WORKOUT CONUNDRUMS



**“How many reps should I do each set to build the most muscle?”**

BEN T., SANTA FE, NM

■ The number of reps you need to perform should change over time, just like the exercises themselves.

Sets of one to five reps do the most to build pure strength, but they also activate your biggest muscle fibers—so even if getting strong isn’t something you care about, don’t neglect them.

Sets of six to 12 reps maximize muscle size and can be used on most of your lifts most of the time.

Higher reps—more than 12—should make up a smaller portion of your training until you’re experienced. At that point, sets of 20 or so reps on leg exercises (done with perfect form) can shock the quads and hamstrings into new growth.

Finally, low-rep sets, because they imply heavy weights, should be used sparingly—two or three times a week on only a couple of exercises.

Sean Hyson, C.S.C.S., is the *Men’s Fitness* training director and author of *101 Best Workouts of All Time*, [101bestworkouts.com](http://101bestworkouts.com).



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**PUMP TO FIT.  
FIT TO ATTACK.**

J.J. WATT - DEFENSIVE END



# Crack the holiday code

You know how it goes this time of year: You pop a cork, make a toast, exchange some gifts, and before you know it, somebody gets hurt. But not if you use these tips, tricks, and clever hacks. By Ted Spiker Photograph by Levi Brown

**Get popping.** To drink champagne properly, chill for 30 minutes and serve. Unlike wine, it doesn't need to breathe, and it doesn't improve with age. Cheers!



## YOUR "CHAMPAGNE" CHEAT SHEET

|   | Champagne   | Prosecco  | Sparkling Wine  |
|---|---|---|---|
| Where It's From*                        | Champagne region of France  | Italian hills north of Venice and Treviso             | Anywhere, as long as it fizzes  |
| What Occasion(s) It Suits Best          | Visit to in-laws (or potential in-laws) or making an important announcement | Dinner party with three or four couples               | Brunch, as a mimosa mixer   |
| What to Know                            | If you want sweet, look for "sec" or "doux." For dry, it's "brut."          | Look for ones that use "Prosecco" grapes, not others. | Chill for a couple hours, then let it sit at room temp for 30 minutes before serving. |
| Minimum Price to Not Embarrass Yourself | \$35  | \$20  | \$15  |
| Surefire Bet                            | Réserve Nicolas Feuillatte Brut   | Adami Prosecco di Valdobbiadene Brut Bosco di Gica    | Toad Hollow Risqué French Sparkling Wine  |

\*Unless you're clinking glasses with an alcohol snob, a liquor distributor, or a Frenchman, quality-wise, it matters not from where the bottle of bubbly is from.

### Open a Champagne Bottle in 5.5 Steps (Without Conjuring A Christmas Story)

1. Remove the foil, then hold the cork while you take off the wire cage.
2. Hold the bottle so the cork is pointing away from you and the bottle is tilted at a 45-degree angle.
- 2a. Don't point the bottle at your boss or girlfriend's dad, even as a joke.
3. Hold the cork in place and twist the bottle carefully.
4. Shimmy the bottle till the pressure inside forces the cork off.
5. Kiss someone.

➕ To send the right message with the right champagne, go to [mensfitness.com/bubbly](http://mensfitness.com/bubbly).



### Rules for Giving the Perfect Toast

1. Make it no more than 45 seconds.
2. Say one thing to make people chuckle and one to make them tear up. ("I hear Uncle Max and Aunt Sue split up" doesn't count.)
3. Specifics about people in the room > generalities that everyone says.
4. Always include the lady in your life.
5. But never in the same sentence as "Ho-ho-ho."

Drink styling by Matt Vohr/Halley Resources; Flutes: Sam Kaplan





**Matt Kenseth**

Two-Time DAYTONA 500® Champion

**Citizen Flagship Store Times Square**  
**KAY JEWELERS** [kay.com/citizen](http://kay.com/citizen)



POWERED BY LIGHT  
**Eco-Drive.**

A watch that never needs a battery.

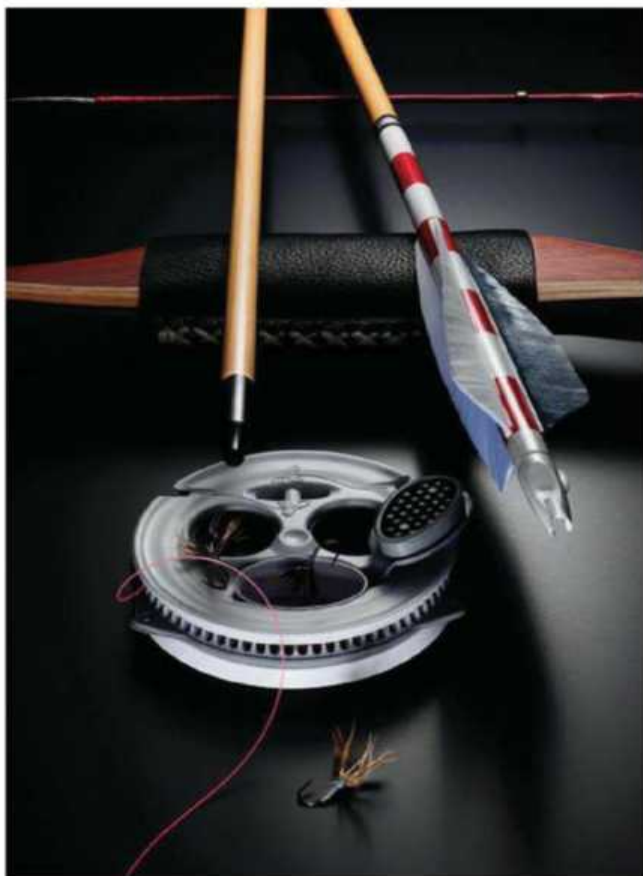


Navihawk A-T  
Atomic Clock  
Synchronization for  
Superior Accuracy  
World Time in 43 Cities  
48mm

**CITIZEN**

BETTER STARTS NOW





## PRESENTS TO IMPRESS YOUR POP

■ Dad doesn't want what every other dad gets, so think outside the socks: Maybe he's always yearned for a long bow (Best Made Co. American Longbow, \$795) to shoot rabbits or scare the crap out of your sister's boyfriend. How about a new fly rod (Tenkara Sato Outfit, \$259) with an IOU for a father-son fishing trip on the hook? Or get an SI with his favorite team on the cover and hide game tickets inside. Still stumped? Just scour eBay for things in his wheelhouse till you can picture him saying, "Wow!"

## Game Changers

# Manual

## Sweat fast, then party hard...

You're never going to burn enough calories to negate a holiday smorgasbord or open bar, but you can summon up some last-minute motivation to keep gluttony at bay. Right before you shower, pump out a 10-minute hype-up set—one minute of body-weight squats, 10 pushups, one minute of planks—while chanting: "Marshmallow yams will not defeat me." Repeat for 10 minutes.

### Fitness Gear for Your Own Gift List

■ Close to at least one person you can hit up this holiday season? Some suggestions:

Less than \$25 (you're an obligation): **A PULLUP BAR**

Less than \$50 (you're liked): **HEAVY-BAG GLOVES**

Less than \$200 (you're adored): **HEAVY-BAG GLOVES AND A BAG**

Less than \$500 (you're stalker bait): **A PROWLER**



**Everlast Prime Training Gloves.** \$50, everlast.com.



### Give Your Shoes Some Holiday Polish

■ You fret about your fancy shirt and tie, but she's also looking at your fingernails and feet. Here, 3 easy steps for shining your shoes.\*

• Dust off with a damp cloth. Let dry.

• Apply polish all over. (Use a toothbrush to hit crevices/edges.) Try Saphir (around since 1925, \$20). Let sit for 10 to 15 minutes.

• Brush polish off with a horsehair shoe brush.

\*You're on your own with the nails.

### Power Rankings, Things to Say to:

#### THE GIVER OF A DUMB-ASS GIFT

1. "Thanks, I totally love bacon cologne!"
2. "Thank you." [silence] "Really."
798. [cough] "Gift receipt." [cough]

#### A STRANGER YOU WANT TO TALK TO

1. "Seen the new BCS rankings?"
2. "How's the punch?"
3. "Trump's hair: Think it's a toop?"
432. "Sure hope the pork's GMO-free..."

#### A STRANGER YOU WANT TO GET RID OF

1. "GMOs—no can do."
2. "Punch? I'll go."
3. "I've got this scalp itch..."
711. "Into fantasy football?"

## WHAT YOUR CHRISTMAS TREE SAYS ABOUT YOU

### IF YOUR TREE IS...

Still not up on Xmas Eve when your gf comes over

Still up on Valentine's Day

Proudly Charlie Brown-esque

Artificial, so it won't shed needles or need water

Adorned with more than one Giants ornament

A palm

### YOU'RE...

So screwed

Not getting any

Not as hipster as you think  
Better off not having kids

Never going to get married

Bound to end up on @\_FloridaMan



To check out our extended gift guide, go to [mensfitness.com/gg](http://mensfitness.com/gg).

### Guarantee You're Fit for Spring by Doing 1 Quick Thing:

**Runners:** Sign up for a March race you'll need to prepare for.

**Lifters:** Choose an exercise you purposefully avoid (split squats?). Record the weight you can do for 8 reps. Aim to add 30% of that weight at 12 reps to that baseline number by St. Patrick's Day.

**Bikers:** Find a charity ride, send e-mails/tweets to recruit 10 co-workers to join in.

**CrossFitters:** YOU DON'T NEED NO RESOLUTION, WOD BOY!

**Sloths:** A "100" challenge: one rep a day on Jan. 1, two on Jan. 2, up to 100 (spread throughout the day) mid-April. Pick burpees or pushups. Do not pick vodka.

Top left: Richard Pierce; Prop styling by Angela Campos/Stockland Martel  
All other images: Nick Ferrari; Prop styling by Angela Campos/Stockland Martel

# PLAY NOW



Learn more at [toyota.com/tacoma](https://toyota.com/tacoma)

Prototype shown with options. Production model may vary. GoPro® camera not included. GoPro, HERO, and their respective logos are trademarks of GoPro, Inc. GoPro® mount standard; girlfriend optional. ©2015 Toyota Motor Sales, U.S.A., Inc.

THE ALL-NEW  
**TACOMA**



## Spin the bottle

Find the perfect scent to match the mood *and* the occasion with our winter cologne decoder

By Barret Wertz

Photographs by Greg Broom

### ■ DIPTYQUE

#### Oud Palao

SCENT: Oud, vanilla

WEAR IT TO FEEL:

Courageous

PERFECT FOR: Meeting her folks

\$145 (2.5 oz),

diptyqueparis.com

### ■ GUCCI

#### Guilty Pour Homme

SCENT: Citrus, patchouli

WEAR IT TO FEEL:

Exhilarated

PERFECT FOR: Hitting the town

\$85 (3 oz), macys.com

### ■ GIVENCHY

#### Gentlemen Only Intense

SCENT: Leather, tonka bean

WEAR IT TO FEEL: Bold

PERFECT FOR: Asking for a raise

\$92 (3.3 oz), macys.com

### ■ KENNETH COLE

#### Mankind Ultimate

SCENT: Cucumber, musk

WEAR IT TO FEEL:

Refreshed

PERFECT FOR: An a.m. meeting

\$74 (3.4 oz), macys.com

### ■ VINCE CAMUTO

#### Original

SCENT: Black pepper, vetiver

WEAR IT TO FEEL: Daring

PERFECT FOR: Extreme sports

\$75 (3.4 oz), macys.com

### ■ JIMMY CHOO

#### Man

SCENT: Lavender, amber

WEAR IT TO FEEL:

Sophisticated

PERFECT FOR: A dinner party

\$82 (3.3 oz),

nordstrom.com



Prop styling by  
Yolande Gaenier



**THAT JUST  
BRUSHED  
CLEAN  
FEELING**

when the spicy take-out  
is putting the brakes  
on the make-out.



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These light fragrances—ginger, apple, juniper—do their job year-round.



■ NAUTICA  
**Life**

SCENT: Ginger, sage

WEAR IT TO FEEL: Adventurous

PERFECT FOR: Tackling a new challenge

\$63 (3.4 oz), [macys.com](http://macys.com)

■ ORIGINAL PENGUIN  
**Original Blend**

SCENT: Apple, blue fir

WEAR IT TO FEEL: Approachable

PERFECT FOR: A first date

\$65 (3.4 oz), [nordstrom.com](http://nordstrom.com)

■ TOMMY BAHAMA  
**Island Life for Him**

SCENT: Bergamot, ambrox

WEAR IT TO FEEL: Relaxed

PERFECT FOR: A beach getaway

\$72 (3.4 oz), [macys.com](http://macys.com)

■ MICHAEL KORS  
**Extreme Blue**

SCENT: Juniper, cypress

WEAR IT TO FEEL: Energized

PERFECT FOR: A brisk hike

\$78 (4 oz), [michaelkors.com](http://michaelkors.com)

■ GIVENCHY  
**Gentlemen Only**

SCENT: Green mandarin, birch

WEAR IT TO FEEL: Elegant

PERFECT FOR: A romantic dinner

\$85 (3.3 oz), [macys.com](http://macys.com)





# ANYTHING FASTER REQUIRES FUEL.

Designed to maximize your performance, the Skechers GOrun 4™ is equipped with a virtually seam-free upper and mid-foot strike technology for better efficiency. This ultra lightweight shoe will power your run.

SKECHERS  
**GORUN**  
4



For a dash of unique intensity rooted in scents like basil (hell, even tobacco), reach for one of these handsome bottles.



■ MICHEL GERMAIN  
**Séxual Paris Pour Homme**

SCENT: Champagne, sandalwood

WEAR IT TO FEEL: Carnal  
PERFECT FOR: The third date

\$84 (4.2 oz), [michelgermain.com](http://michelgermain.com)

■ GIORGIO ARMANI  
**Armani Code Special Blend**

SCENT: Tobacco, tonka bean

WEAR IT TO FEEL: Charismatic  
PERFECT FOR: A special celebration

\$93 (4.2 oz), [macys.com](http://macys.com)

■ ACQUA DI PARMA  
**Colonia Essenza**

SCENT: Bergamot, vetiver  
WEAR IT TO FEEL: Assertive  
PERFECT FOR: Making the first move

\$149 (Eau de Cologne, 3.4 oz), [sephora.com](http://sephora.com)

■ DOLCE & GABBANA  
**Pour Homme Intenso**

SCENT: Basil, moepl  
WEAR IT TO FEEL: Powerful  
PERFECT FOR: A board meeting

\$89 (4.2 oz), [saksfifthavenue.com](http://saksfifthavenue.com)

■ MONTBLANC  
**Emblem**

SCENT: Grapefruit, wood  
WEAR IT TO FEEL: Confident  
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\$82 (3.3 oz), [bloomingdales.com](http://bloomingdales.com)



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■ BOSS

## The Scent

SCENT: Ginger, maninka fruit  
WEAR IT TO FEEL: Outgoing  
PERFECT FOR: Tailgating  
\$85 (3.3 oz), [macys.com](http://macys.com)

■ ERMENEGILDO ZEGNA

## Acqua di Bergamotto

SCENT: Italian bergamot, rosemary  
WEAR IT TO FEEL: Free  
PERFECT FOR: A spontaneous escape  
\$110 (3.4 oz), [zegna.com](http://zegna.com)

■ YVES SAINT LAURENT

## L'Homme Sport

SCENT: Bergamot, vetiver  
WEAR IT TO FEEL: Invigorated  
PERFECT FOR: Splashing on after a workout  
\$87 (3.3 oz), [yslbeautyus.com](http://yslbeautyus.com)

■ HERMÈS

## Terre d'Hermès

SCENT: Grapefruit, gunflint  
WEAR IT TO FEEL: Debonair  
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## Overstock your bar

The four things to buy (in excess) for your ultimate holiday blowout

By Brian Good

**■** You've got about a dozen derelict drinkers on the way over to your place for your annual New Year's Eve bash. That means fun drinks—and lots of 'em—are definitely on the menu. But between spirits and mixers and everything else you'll need, how do you prep a home bar without blowing a week's pay at the local store? Our ideal plan of attack:

### BOOZE

**■** "You always want to overbuy a little when you hit the liquor store," says Dave Plate, co-founder of The Randolph at Broome in New York City. "There's nothing worse than running low during a party." His advice: Stick to the basics, like our bottle picks below, and don't try to be all things to all people. Don't buy multiples of the same family of liquor and limit what you do buy to about \$25 to \$35 per bottle, max. "If you don't, the guys who know what the good stuff is will go for it right away just because it's free," he says.

### MIXERS

**■** Even if you pare down on spirits, don't skip in the mixer department. That's where every good cocktail is won or lost. "Get plenty of soda water—it goes with everything," Plate says. "You also need tonic, cranberry juice, OJ, soda, and diet soda, and a bunch of lemons and limes." (Branch out with blood oranges for a bit of holiday flair.) Round out your arsenal with a bottle of bitters plus fresh mint, cinnamon sticks, maraschino cherries, olives, and a jar of star anise. (This licorice-flavored seed is an ideal cocktail addition.)

### ICE

**■** Even in the winter, it's amazing how fast ice will go. Most experts recommend a pound per party guest, minimum. "Whatever you think you need, double it," cautions Plate. And remember, that's just for the cocktails. Any ice you need on hand to keep beer or soda cold is additional. Need a quick makeshift cooler that isn't your bathtub? Try filling your washing machine with cubes instead. It'll create a second drink station in your pad, and as the ice melts, it automatically drains away for quick cleanup the next day.

### THEMED INGREDIENTS

**■** Select two or three specialty cocktails you can make in advance and serve as needed. Themed ingredients are another great option, says Tom Macy, co-owner of the Clover Club in Brooklyn, NY. Consider the apple: All you need is cider and apple brandy and you're set. "Apple brandy sounds sweet, but it's a full-proof barrel-aged spirit, kind of like whiskey," he says. "Both are excellent two-ingredient cocktail options. You can pair either with any brown spirit—whiskey, rum, even each other."



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# Super freekeh

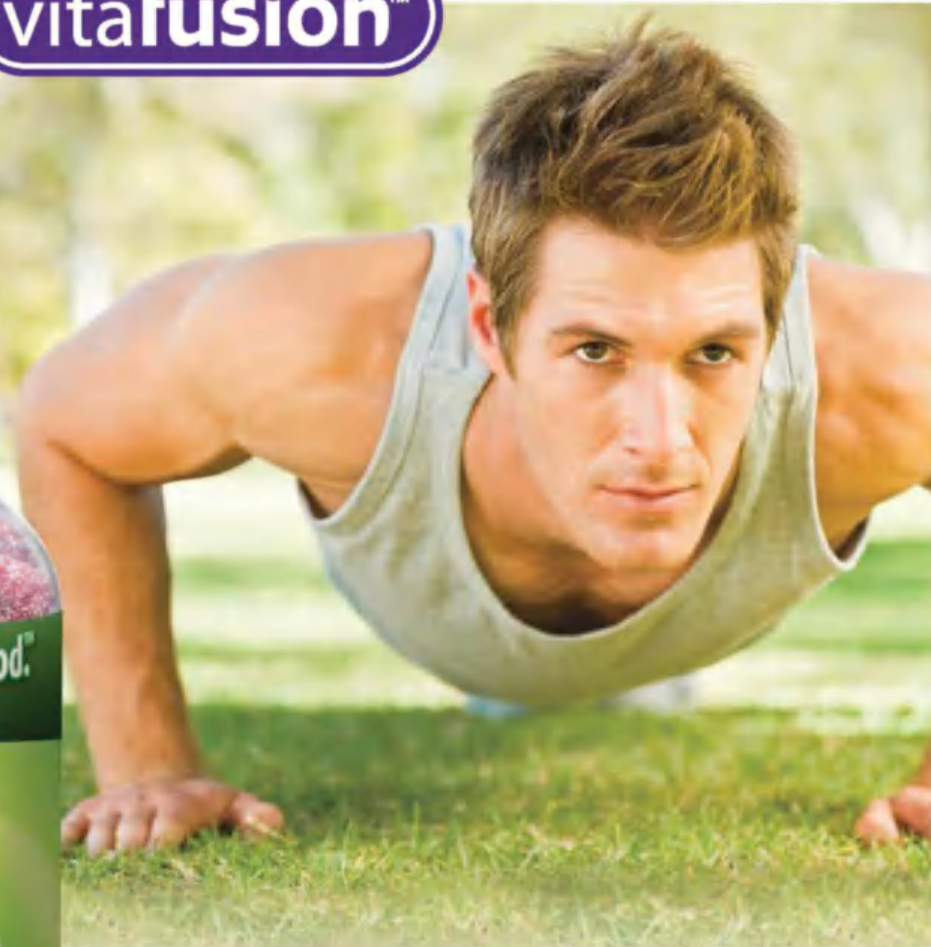
Done with quinoa? Try this heartier, tastier, healthier option next time you're craving carbs.

By Bill Bradley  
Photographs by Christopher Testani

Fitness in a bowl:  
hot, spicy, tasty  
Sesame Freekeh  
with Seared Shrimp



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**F**reekeh has been waiting a couple of thousand years for its moment in the spotlight, and it's finally arrived. This ancient grain (meaning it hasn't been altered and hybridized in labs over the years like modern wheat and corn) with Middle Eastern origins is even supplanting quinoa as the go-to healthy carb.

"I'm not surprised freekeh has been trending," says Jim

White, owner of Jim White Fitness & Nutrition Studios in Virginia Beach, VA. "It's very versatile—the perfect carb to help you get lean."

What makes freekeh ideal is its low glycemic index score (meaning it has less of an effect on your blood sugar) which prevents the spikes and falls that spur snack cravings. Plus, it has about twice as much fiber as quinoa. "And complex carbs help rebuild muscle," White says.

Another big plus: Freekeh cooks much the same way quinoa, brown rice, and even oatmeal do, but it has a more robust flavor: The green wheat is fire-roasted after harvest, giving it a slightly smoky taste. Toast it and add it to salad or yogurt, or turn it into dinner by adding a protein like chicken, fish, or steak.

"Or get more creative," says White. "Freekeh can be made into vegetarian burgers and soups."



**Smart carb.** Freekeh beats quinoa and brown rice in protein and fiber and has a robust, smoky flavor.

## Cook It!

Freekeh is so idiotproof (add it to boiling water in a 2-to-1 water-to-grain ratio and simmer 20 minutes), you'll want to make it a diet staple.

Here's one way to do it: a freekeh dinner bowl created just for us by Gerardo Gonzalez of NYC's El Rey Coffee Bar & Luncheonette, who feeds some of downtown's top marathoners.

## Sesame Freekeh with Seared Shrimp (OPPOSITE PAGE)

SERVES 4

### INGREDIENTS

- 3 plums, diced
- Salt
- $\frac{1}{2}$  cup rice wine vinegar
- 1 lb large shrimp
- $3\frac{1}{2}$  cups freekeh, cooked (see left)
- $\frac{1}{2}$  cup mint, finely cut
- $\frac{3}{4}$  cup white sesame seeds, toasted
- 1 cup celery, thinly sliced on a bias
- $\frac{1}{2}$  cup scallion, thinly sliced
- $\frac{1}{4}$  cup cilantro, chopped
- $\frac{1}{2}$  cup white sesame oil
- $1\frac{1}{2}$  tsp chili or Aleppo pepper flakes
- Juice and zest of 1 lemon
- $1\frac{1}{2}$  tsp sumac (optional)

### DIRECTIONS

- 1) Season plums with salt, cover with rice wine vinegar, and let sit till plums turn bright red. Mix in a blender till smooth.
- 2) Sauté shrimp on the stove top. (Rockfish or red snapper can also be used.)
- 3) Mix freekeh with mint, sesame seeds, plum sauce (reserve a small amount), celery, scallion, and cilantro. Toss in sesame oil till glossy but not overdressed.
- 4) Top freekeh with shrimp, chili flakes, lemon juice, and zest, sumac, and remaining plum sauce.

## Grains by the Numbers

Nutritionally, freekeh tops all other popular grains, with more than twice the protein of brown rice

|            | GI Index | Carbs | Protein | Fiber |
|------------|----------|-------|---------|-------|
| Freekeh    | 43       | 28.5g | 8.9g    | 5g    |
| Quinoa     | 53       | 28.9g | 6.4g    | 3.2g  |
| Brown rice | 50       | 34.9g | 3.7g    | 1.6g  |
| Couscous   | 65       | 32.4g | 5.8g    | 0.9g  |
| White rice | 89       | 36g   | 3.2g    | .6g   |

All values based on  $\frac{1}{2}$  cup, uncooked

Food styling by Michelle Gatton/Stockland Marelli; Prop styling by Sarah Smart

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## Hell-bent for leather

Ryan Guzman stars in NBC's hit *Heroes* reboot, yet still finds time to write, paint, do martial arts, and rock a biker jacket

Photograph by Jeff Lipsky

### The Guy

Once an actor's performed steamy onscreen sex scenes with J-Lo—as Ryan Guzman did in 2015's *The Boy Next Door*—you'd think he'd use any rare downtime to relax and, just, well, replay those moments in his head. Not Guzman. Instead, the 28-year-old ex-MMA fighter and *Heroes Reborn* star oil paints (“an unforgiving medium”) and works on his screenplay (“a gritty MMA *Rocky* story”). And that's aside from his regular Muay-Thai-meets-taekwondo workout.

“I'm always trying to find out what I can do better, and how I can do it,” says Guzman about what drives him. “I don't think I'm great yet—there's always someone else who's worked a little bit harder.”

His drive's certainly paid off career-wise: He leaped from modeling to TV ads to starring in 2012's *Step Up Revolution* in just a matter of months. Next spring he hits the screen in *Everybody Wants Some*, Richard Linklater's “spiritual sequel” to *Dazed and Confused*.

It's the challenge that always draws Guzman. Take the oil painting: “It frustrated the hell out of me in the beginning,” he says. “But by the third painting I felt at home—like I was almost able to fly away.”

### The Biker Jacket

With its rugged biker silhouette, rich leather, and upscale details, Michael Bastian's new motorcycle jacket pairs equally well with a casual cotton henley and a vintage Honda cycle. The choice of brown over black “makes it more refined and individual,” says the designer. But you can still beat the hell out of it: “It molds to your body over time and just keeps getting better.”

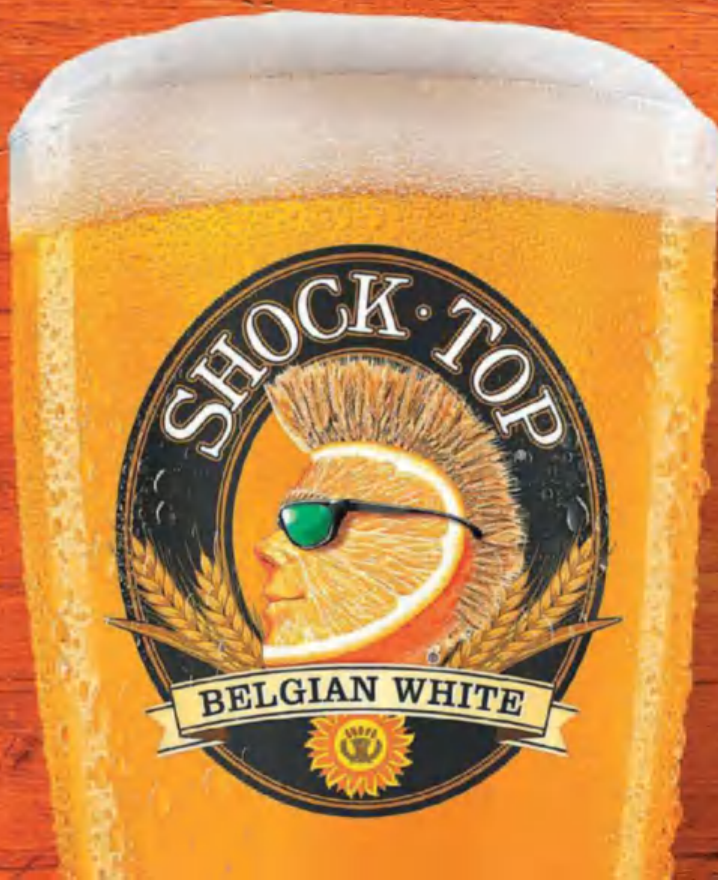
—MARTIN MULKEEN

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## Package deal

Your underwear: Whether it's under a suit or under her bed, it should never be underwhelming

By Michael Rodio

The branded waistband shows off your style. The snug fit shows off everything else.



What's foreplay if not a job interview conducted in your underwear? And for that, a pair of baggy, faded boxer shorts isn't going to cut it. 🏳️ Enter Tommy

Hilfiger's new ultrafitted underwear collection, the American brand's solution for a new generation of guys who demand gym-office-playtime-bedtime

versatility from the one article of clothing they're forced to wear with just about everything. 🏳️ First unveiled in this fall's ad campaign featuring fiery Spanish tennis star Rafael Nadal, the new line (\$26 to \$30, [tommy.com](http://tommy.com)) includes white, navy, and black trunks, briefs, boxer briefs, and low-rise trunks (arguably the best for showing off that six-pack you've been working on) made of a sleek, modernist four-way stretch microfiber, or trunks and briefs in a more familiar—but still fitted—stretch cotton. (And be advised: They're all no-fly zones.) 🏳️ As a finishing touch, the svelte microfiber waistband has been branded with the iconic Tommy Hilfiger logo to remind you (and any lucky spectator) that you're wearing an American classic. 🏳️ Or were.



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**Superman or psycho?**  
Alex Honnold brings us along on his most death-defying climbs.



## Look, Ma, no ropes!

In *Alone on the Wall*, climber Alex Honnold explains why it's not that crazy for him to climb "unstrung." We almost believe him.

By Will Cockrell

■ Free-solo climber Alex Honnold is sick of being asked if he "feels fear" when he climbs without ropes, he reveals in his new book, *Alone on the Wall*. But let's be honest: When you see him clinging—yes, ropeless—from a granite cliff that's 2,000 feet above the ground on *60 Minutes*, in the Squarespace commercial, or in the pages of this magazine, isn't that exactly what you want to know?

Honnold's confounding you-fall-you-die style has made him the most famous climber in the world, and in *Alone on the Wall* we're finally invited into his psyche. Despite the physicality of his sport, Honnold himself explains that if he has any gift at all it's a mental one. Indeed, it's fascinating to learn how he can bizarrely switch off as

he begins up a cliff face or how he once prepared by visualizing his own demise, every tumble, every broken bone. We also meet Honnold the human, a pretty regular guy who got into free soloing only because he was such a socially awkward kid that he had no friends to climb with. Honnold also talks about the death of his father when he was a teenager but stops short of exorcising his demons: "It probably has something to do with my own childhood," he says, "but I don't want to go there."

One thing that really helps Honnold's story fly along is the exposition by co-author David Roberts, who is one of the world's foremost climbing and mountaineering storytellers. The book pings back and forth

between first-person passages and Roberts' fast-paced scene setting, and it never gets bogged down in climbing jargon or historical tangents.

But perhaps more telling than anything else in this book are the references to free-solo and BASE jumping pioneer Dean Potter, someone Honnold refers to as a "role model and an idol." The thing is, Potter was killed BASE jumping between the writing and the publishing of this book. As morbid as it sounds, references to Potter in the present tense were less surprising given the fact that it could have been any number of friends and peers Honnold mentions. What could likely illustrate the ephemeral existence of guys like Alex Honnold more than that?



**Honnold prepares for a climb by visualizing his own demise.**



## Let's kick some ass

AMC's new martial arts epic *Into the Badlands* takes in-your-face action to a whole new level  
By Martin Mulkeen

■ Good news for mixed-martial-arts addicts, old-time *Kung Fu* buffs, and fans of plain, old-fashioned knuckle busting: AMC, a network with a rich history of making smart, niche-genre shows (see: zombies and westerns), is at it again.

*Into the Badlands*, which airs Sunday nights, stars Chinese action-movie veteran (and, in this case, exec producer) Daniel Wu as Sunny, a heavily tattooed warrior—no joke: his 404 tats mark 404 kills—who sets out on a journey with his young protégé MK (Aramis Knight) to

escape a reign of terror brought on by seven Badlands barons.

This sets the stage for a visual martial-arts feast (Jackie Chan-style kung fu, Israeli Krav Maga, samurai sword fighting) that's presented not with the typical digital effects, shaky-cam footage, and vertiginous, fast-moving editing, but with long scenes and wide shots that'll make your eyes bulge. "This is all about seeing how good the kicks and punches really are," says Wu. Note to Grasshopper: You'll want to free up your Sundays.

## The art of fake fighting

How *Into the Badlands*' Oliver Stark mastered his moves



■ With close-ups like those in *Into the Badlands*, you can't leave all the dangerous stuff to stunt doubles. Oliver Stark and the rest of the crew spent six weeks at hand-to-hand-combat boot camp training under Master Dee Dee (*Crouching Tiger, Hidden Dragon*).

**Was training solely focused on fighting?**

Yes, but sometimes we'd learn a fight scene that's not even in the show—they are trying to train our minds, so if something needs to be changed on set, we can adapt quickly. Everyone has to be able to hold their own.

**What did you do to prepare?**

I started doing yoga about 3½ months before. And I tried bulking up—as an ectomorph I struggle with putting on weight. So I did a lot of compound exercises and big lifts and began eating between 4,000 to 5,000 calories a day.

**So you'd do pretty well in a fight now, or just a fake fight?**

At first, I'd walk down the street and think, "I know martial arts, I can do anything!" But I had to calm down, because the truth is, I'm really good at almost—but not quite—hitting people.

Clockwise from top left: Jimmy Chin; Courtesy of AMC (2 images)

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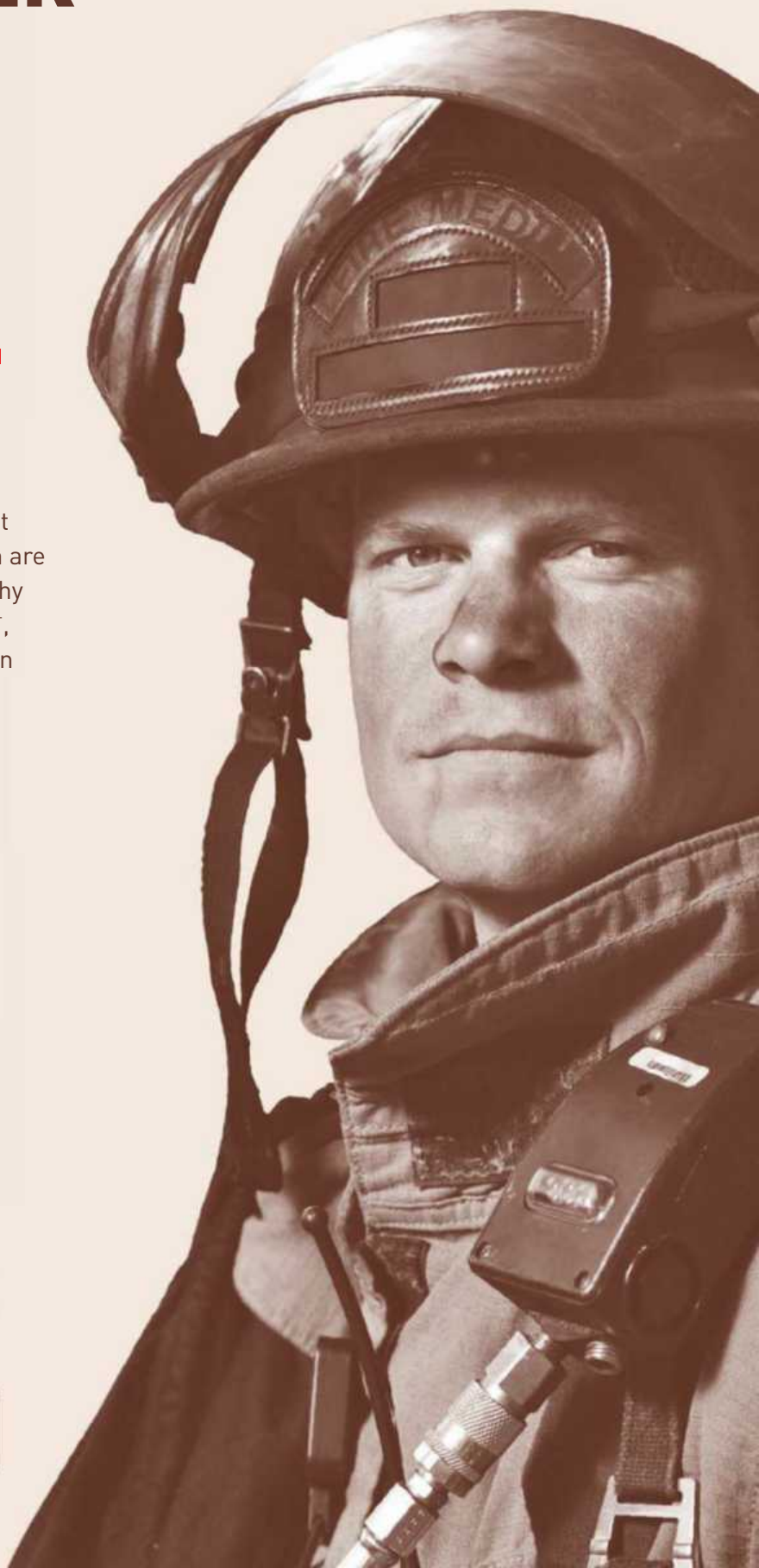
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# The hottest, coolest bed you'll ever buy

If you're not sleeping—or, better yet, playing—on one of the cushy new memory-foam mattresses, you don't know what you're missing

By Adam Bible

If something's going to pop up in the bedroom, it shouldn't be a mattress spring.

**B**

By far the most important hours of your life are those you spend in bed—for a lot of reasons. A good night's rest can keep you fit, sharpen your brain, and boost your sex drive, while losing sleep can depress you, boost your risk of heart disease, and even, according to a brand-new study, make you four times more likely to catch a cold. In other words—you don't snooze, you lose. 📌 When it comes to your Fortress of Z's, your mattress is the foundation. The type you probably grew up sleeping on—a slab of metal coils under some cotton batting and fabric—has been around for more than a century. Often stiff and uncomfortable, innerspring mattresses were, for most of their history, a moribund industry with little innovation and virtually no competition. 📌 Then NASA went and developed an all-new foam.

James Macer/Art + Commerce



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## The mattress from outer space

Called “temper foam” and able to absorb up to 36 G’s (!) of force, NASA’s foam was created as seat cushioning and crash protection for test planes and spacecraft. But in the ‘90s, the mattress industry modified it and voilà: “Memory foam” was born.

It created a sensation. The thick, air-filled foam conformed to the body, relieving pressure points, so sleep was vastly more restful. It also isolated movement well, so a sleeper wouldn’t feel a partner’s every toss and turn.

Alas, memory foam also had some drawbacks. For one, it could be hot to sleep on. “Cool is key,” says NYU sleep researcher Rebecca Robbins, Ph.D., author of *Sleep for Success!* Sleepers could also sink in so far they felt “stuck.” And to cap it all off, though foam tended to last longer than springs, it could also cost twice as much.

Soon, the only thing most people remembered about memory foam was the infomercial in which a lady jumped on a bed and didn’t spill her red wine.

## Foam improvement

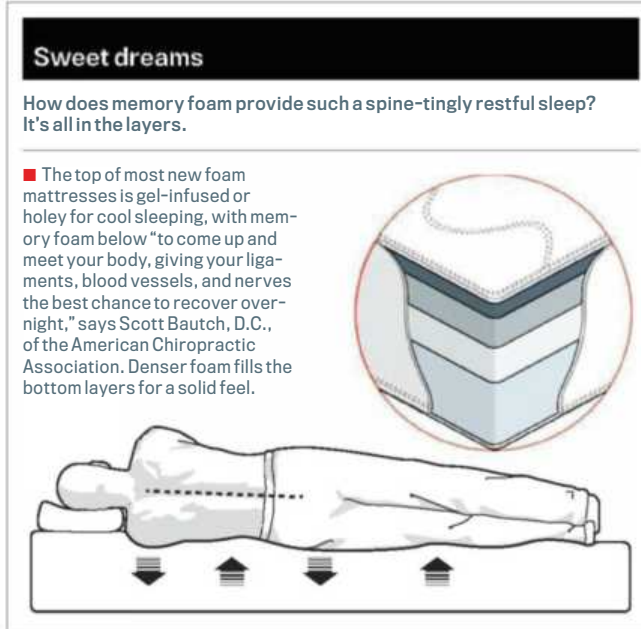
And that’s where the story would’ve ended if the mattress industry hadn’t gotten its ass in gear and created the innovative new memory-foam bedding we have now.

Talk about worlds apart: Today’s new and improved foam mattresses are still dense enough to conform to your body and create the perfect neutral spine position for ideal sleep, but the new high-tech foam (blends, gel, mixed layers) suck heat more efficiently from your body so you sleep supported but cool and without sinking in like you’re in a bowl of marshmallow fluff.

In fact, memory foam is now the mattress to get whether you’re active—so your body needs some cradling support to spur recovery and gains—or you simply want a restful, comfortable but supportive sleep.

## Prices you won’t lose sleep over

As for price, there’s good news there, too: The entire foam-mattress industry has changed, and it’s you, the buyer, who



### Sweet dreams

How does memory foam provide such a spine-tingly restful sleep? It’s all in the layers.

■ The top of most new foam mattresses is gel-infused or holey for cool sleeping, with memory foam below “to come up and meet your body, giving your ligaments, blood vessels, and nerves the best chance to recover overnight,” says Scott Bautch, D.C., of the American Chiropractic Association. Denser foam fills the bottom layers for a solid feel.

reaps the benefits. Sure, the big brick-and-mortar guys, Serta, Simmons, and Tempur Sealy (formed when Tempur-Pedic bought Sealy in 2012), still control about 60% of the market, and if you buy from them, your foam mattress—while still comfy and a good investment—will set you back a bundle.

But go online and what will you find? A memory-foam gold mine.

Started by mattress-industry veterans and insiders who broke from the big boys to go

**Do you need a bed made of foam created to absorb 36 G’s of force? We hope so.**

out on their own, the Internet foam-mattress industry is innovation at its best. Companies like Nest, Leesa, Casper, Bear, and Tuft & Needle have cut out the middlemen (like stores and distribution centers) and instead source their own (mostly U.S.-made) materials.

These smaller, less encumbered companies are also agile enough to respond to customer feedback quickly and make design changes that would take the brick-and-mortar-based behemoths eons.

And if you’re (understandably) worried about not being able to try before you buy (though some online sellers do operate showrooms), most companies offer at least a 100-day trial, with a full refund and free pickup if you aren’t satisfied.

Start getting a good night’s sleep and there’s no telling what else might go better between the sheets.

## Time to go to the mattresses!

The best sites for buying a foam bed

### Nest Bedding

■ The Alexander Signature Select from Nest beats all, says Sleep Sherpa’s Ben Trapskin. “It has ‘convoluted’ [think an egg crate] foam layers for max airflow and breathability, and it isolates movement the best.” Queen, \$1,199; [nestbedding.com](http://nestbedding.com)

### Leesa

■ Leesa’s top layer of long-lasting, patented Avena foam has Swiss-cheese-like holes, so it cools better than most, Trapskin says. It also cradles your body but still has bounce. Queen, \$890; [leesa.com](http://leesa.com)

### Bear Mattress

■ “Bear beds are made with athletic recovery in mind,” says Trapskin. The fibers in the fabric cover—shown in studies to reduce aches and pains—are touted to reflect infrared energy back to your body. Queen, \$850; [bearmattress.com](http://bearmattress.com)

### Brooklyn Bedding

■ Two springy layers of latex (a foam even more durable than memory) create a full four inches of foam, which typically costs twice as much. “It’s a very high-quality bed with lasting value,” Trapskin says. Queen, \$750; [brooklynbedding.com](http://brooklynbedding.com)

### Yogabed

■ “This hits the sweet spot between comfort and support: It keeps your back aligned but still hugs your body for pressure relief,” Trapskin says. The second layer has YogaGel, which can cool seven times better than memory foam. Queen with 2 pillows, \$849; [yogabed.com](http://yogabed.com)

## How to shop for memory foam

### 1. Try to test it in a store

■ If you’ve never tried this type of mattress before, head to a local brick-and-mortar store to find out how they feel compared with inner-springs. Although you can get a less expensive foam mattress shipped to your door for free, it’s good to get an idea of the differences.

### 2. Don’t go soft in the bed

■ “If you quickly lie on a store mattress, especially if you’re tired from shopping, you may go too soft,” says Ben Trapskin of the blog [sleepsherpa.com](http://sleepsherpa.com). It takes about 30 days to tell if a mattress suits you, so if you want to buy right then, go harder than you think—and check the return policy!

### 3. Avoid getting high (not like that)

■ Check the density of the memory foam. “High density” is more durable and firmer and conforms to your body the best, but it can also give you that “stuck” feeling and make your sleep hotter. You want a mattress with a majority of “medium density” foam, which will give you the best feel.

For more hot mattress-buying tips, visit [mensfitness.com/goodfoam](http://mensfitness.com/goodfoam)



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**Get on up.** J.J. Watt's best box jump is 61 inches. You should start with 24 inches.



# BOX-JUMP LIKE J.J.

Get power like the Houston Texans' defensive end by mastering the box jump

By Sean Hyson, C.S.C.S.



J.J. Watt damn near broke the Internet (at least

among sports and fitness enthusiasts) last April when a video surfaced of his 61-inch box jump—no small feat for a 6'5", 289-pound defensive lineman. You may not

be ready to go up against Watt in a scrimmage, but chances are you'd like to be more explosive in your own backyard football games, or you're at least interested in squatting heavier and building muscle. The box jump will help with all of the above, and we got Ben Bruno ([benbruno.com](http://benbruno.com)), trainer to celebs and pro athletes in Los Angeles, to explain the finer points.

## How to do it

**1)** Set a box that's about 24 inches high on the floor in front of you. (Use a padded box, if possible, so if you wipe out, you won't get seriously hurt.) Stand with your feet hip-width apart and swing your arms behind you as you bend from the hips and knees to generate power. "Come down to a quarter-squat," says Bruno.

**2)** Swing your arms forward and jump up onto the box, landing square in the middle. "Your landing should look like your takeoff." While you've surely seen people land in a deep squat on box jumps, that's not good form. For a safe landing that trains your body to absorb force, land in a quarter-squat only. Bruno says if the box isn't too high you won't sink into a full squat.

**3)** Step off the box back to the floor—don't jump off. Reset, and go again. Yes, you'll see people jumping down from the box in CrossFit classes, but according to Bruno, "it completely eliminates the point of the exercise, which is to train power with low impact."

## The benefits

■ "As opposed to vertical jumps or broad jumps, which are harder on the hips and knees," says Bruno, "the box jump lets you train for power without a hard landing." Almost anyone can do a box jump, if they start cautiously and use good form. It trains the nervous system to fire the muscles explosively, which improves your potential to run fast, change directions quickly, and accelerate through sticking points on lifts.

## Programming

■ Perform box jumps after your warmup but before any heavy training. You need to be fresh for peak power. Do three sets of five, resting a minute between each set.

When you feel you've mastered a short box, add four to six inches to the height. "If your gym has only one small box, you can progress to seated box jumps, which challenge you by eliminating the stretch reflex." Set a bench behind the box and sit on it. From there, you'll explosively jump off the bench onto the box.



**Jump to it.** Your landing position should look like your takeoff: land in the center of the box in a quarter-squat. Each landing should be soft and quiet.

From top: Courtesy of Reebok; James Michelfelder

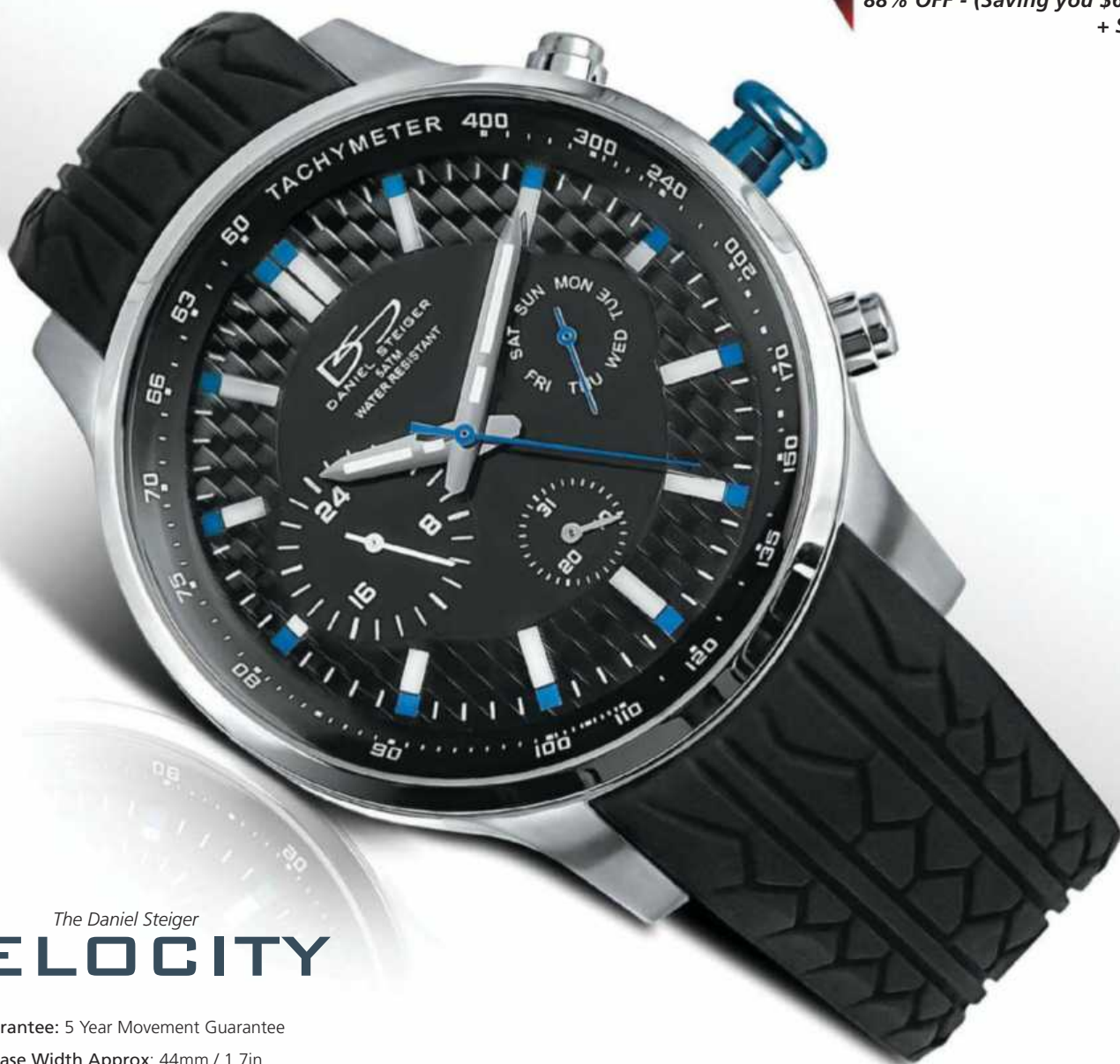


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# Don't just press shuffle

Create a smart, scientifically based playlist and make your regular workout even more effective

By Leander Schaerlaeckens

**T** There's no doubt your favorite tunes make working out more fun. But the perfect playlist can also spike athletic performance and make your gym time even more productive. ¶ "Humans have a tendency to lock into a rhythm, and that has a direct influence on physical work rate," says Costas Karageorghis, Ph.D., a sports psychology professor at Brunel University London and one of the leading experts on the relationship between music and athletic performance. Studies show that listening to music will reduce your perception of how hard a workout is by 10% (so you'll feel like working out longer). Workouts will also become a lot more efficient, since syncing your stride or lifting motion to a beat will help reduce wasted muscle movement and slash your body's oxygen uptake by as much as 7%. ¶ Here are a few rules to keep in mind as you compile your next training set list:

## Before you create a playlist, calculate your pace

■ The rhythm you train at should dictate song selection, with your workout pace matching the BPM (beats per minute) of the songs you choose to listen to. For running or cycling, count your motions over a 60-second period. Runners typically move at 150–190 strides a minute, and cycle at about 80–110 revolutions a minute.

If you're doing strength work that

doesn't have a consistent movement, your heart will still synchronize to the music you play, so it's good to keep it nice and energetic, but not so ratcheted up that you venture into an endurance pace—hang out in what's considered the rhythmic "sweet spot" of about 120–140 BPM.

## Build a library organized by beat

■ Most music sites like iTunes or Spotify let you sort songs from your own library according to BPM.

There are also apps like BPM Tap or PaceDJ that can not only search your library according to BPM but also allow you to speed songs up or slow them down slightly to give you the right rhythm.

## Create mixes with a musical arc

■ Once you have your arsenal of tunes, it's time for the fun part—building your actual playlist.

"You can't just hit shuffle or you'll be all over the place," says SoulCycle spin instructor and de facto music director Parker Radcliffe. "And you can't just go hard straight out of the gate. You have to let momentum build."

When building his own playlists, Radcliffe says he uses the first song to "establish strength." The second song's meant to "get the oxygen moving through the body" and wake your body up a little more. By the

third song, it's time to jump right to a rocker. "We call it popping the party," he says. "Usually we'll jump to something over 200 BPM. I actually want to show what the finish line's going to feel like—give a taste of the intensity we'll reach later on. After the third song you just want to keep it really mixed up, making sure there are intervals of pushes and sprints to keep the body on its toes."

And don't forget the cooldown, he adds. "Finishing up with something mellower will give your heart a chance to slow down and provides a sense of conclusion."

## Match the mix to your mood

■ Even the most disciplined guys dread a workout from time to time. To combat

the problem, build a few different playlists and keep them on reserve for those days you just don't feel like working out.

"Some days your EDM playlist just isn't going to work," says Radcliffe, "so you need a mix that matches your lower energy level, which will help you build intensity as you train."

## Use the beat to raise your game

■ Something as simple as a beat could push your running or cycling to the next level, according to Radcliffe. So when you're looking to step up your work rate, select a mix that's slightly faster than your natural pace—just a few extra BPMs will make a difference. One study found that when music was sped up, subjects riding stationary bikes not only did slightly more work, they also minded it less.

## DJ on-demand

Don't feel like building your own BPM-based playlist? Don't worry—there's an app for that.

## RockMyRun

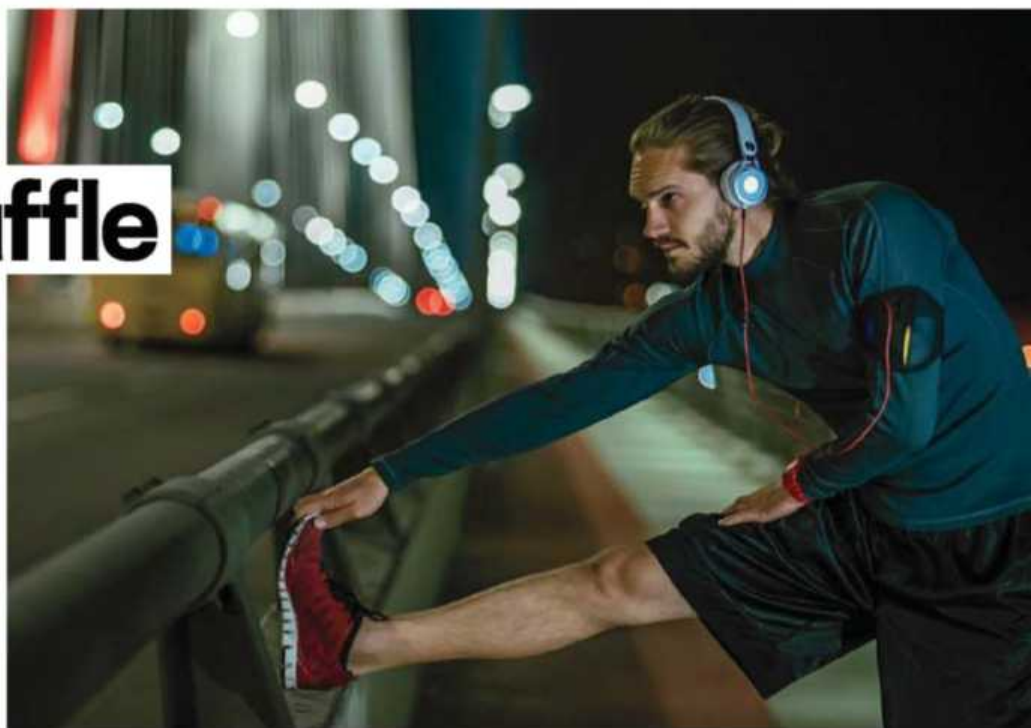
■ Aimed specifically at runners, this app allows you to pick a music genre and a BPM to match your individual pace.

## Pandora

■ The original free streaming service actually has workout radio stations. You can even enter a BPM into the search function to be directed to the ideal station.

## Spring

■ All you need to do is punch in the type of music you like and start running, cycling, or whatever you enjoy doing. The app then measures, through GPS, which songs make you move the quickest, and keeps you motivated with its curated set.





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# Here's Donny!

The former ad executive, outspoken TV pundit, and lifelong fitness buff sounds off on his new show and the supreme importance of indulging in a cocktail after your last rep

By Jason Adams

**S**ome would say Donny Deutsch has it all. Money? He sold his ad agency, Deutsch Inc., in 2000, for a reported \$250 million. Fame? In 2004, the creative director made the leap to TV, hosting *The Big Idea with Donny Deutsch* on CNBC, a success-oriented talk show, and he's been an outspoken fixture on other shows since, popping up everywhere from NBC's *Today* to *Morning Joe* on MSNBC. Women? He's known a few. There was, however, one thing missing from his own bucket list: a sitcom. But Donny Deutsch also has a motto: "Just fucking go for it." (Take note, fellas!) So he did, and he now stars in his own eponymous scripted series, *Donny!* (which airs Tuesdays at 10:30 p.m. EST on USA), on which the real-life Donny Deutsch, 58, is reimagined as a trashy talk-show therapist. Here he helps us separate fact from fiction.

## How did *Donny!* come about?

I had been doing TV for a number of years. I had my show *The Big Idea* on CNBC, then I was doing the "Today's Professionals" segment on the *Today* show, and then I did some *Morning Joe* stuff. But I was kind of hitting a creative wall. I thought, "How do I break out of this?" I was with my production company, and we were talking about doing a daily talk show with a live audience.

At the end of the meeting I said, "I've got this crazy idea..."

## Is there a show that inspired yours?

*Curb Your Enthusiasm* was the real inspiration. I feel like an idiot even putting myself in the same sentence as Larry David, but as a genre, I would. Somebody told me it's like a more current male *Sex and the City*, which I thought was interesting. It has a very urbane quality to it. But I think it is its own thing.

**You play a sort of fictionalized version of yourself on *Donny!* Have you always been playing some sort of "Donny" character?**

As an agency head, I was a guy who ended up being seen in the business as a maverick, so you start playing the maverick. On *Morning Joe*, I'm the guy who fights with Joe [Scarborough], who flirts with Mika [Brzezinski], who's a little bit more liberal, who tends to be a rogue. It's not that it's not me; it's a presentation of me. It's exaggerated.

**You've called yourself a feminist. But you're also known to be kind of a ladies' man. How can you reconcile the two?**

At my agency, nine of my 11 partners were women. I feel

very protective of women. I've always had a lot of girlfriends, and if they ever get hurt, I want to punch people. I've been single a big chunk of my adult life, so of course I've dated. The only thing I'm not proud of, and I would never do again, is getting involved with a married woman. It ended up in the *New York Post*. It's the only mistake like that I've ever made in my life, and I would never do it again.

**You've always been known to have a well-developed physique, and working out is a big part of your show. Talk a bit about that.**

It's an important part of my life. I work out every day. I always thought being in good shape in business was good

business. I think if you're very successful in an intellectual enterprise and you can bring a physical appeal on top of it, it's surprising. I also went through a tough period in my life, a divorce 11 years ago, and I put on 40 pounds. I never wanted to be that guy again. I try to do an hour of cardio five days a week, and I try to work out with a trainer five days a week, doing weights, core, and stretching.

**Do you ever fight the urge to pour yourself a drink instead of working out?**

I'll pour myself a drink *after* the workout. Tonight I'll go to dinner at one of my favorite Italian restaurants, I'll have a glass of wine or a vodka, no problem. I'll eat well. I'll have

**"You've gotta treat yourself. And then get right back on that workout."**



snapper and a steak once a week, once a month a veal parm. You've gotta treat yourself, and then get right back on that workout.

**In the second episode of *Donny!*, you get advice about manscaping. Does the real-life Donny manscape?**

I do basic. You don't want to go too crazy. Just make sure it's a non-event down there.

**What's the biggest myth about Donny Deutsch?**

I don't want to say I'm a dork, but I'm a lot nerdier than people think. My personal life is not as daring as what I've done in my business life. If I slept with one-tenth of the women people give me credit for, I would be a pretty hip guy.

Ben Fink

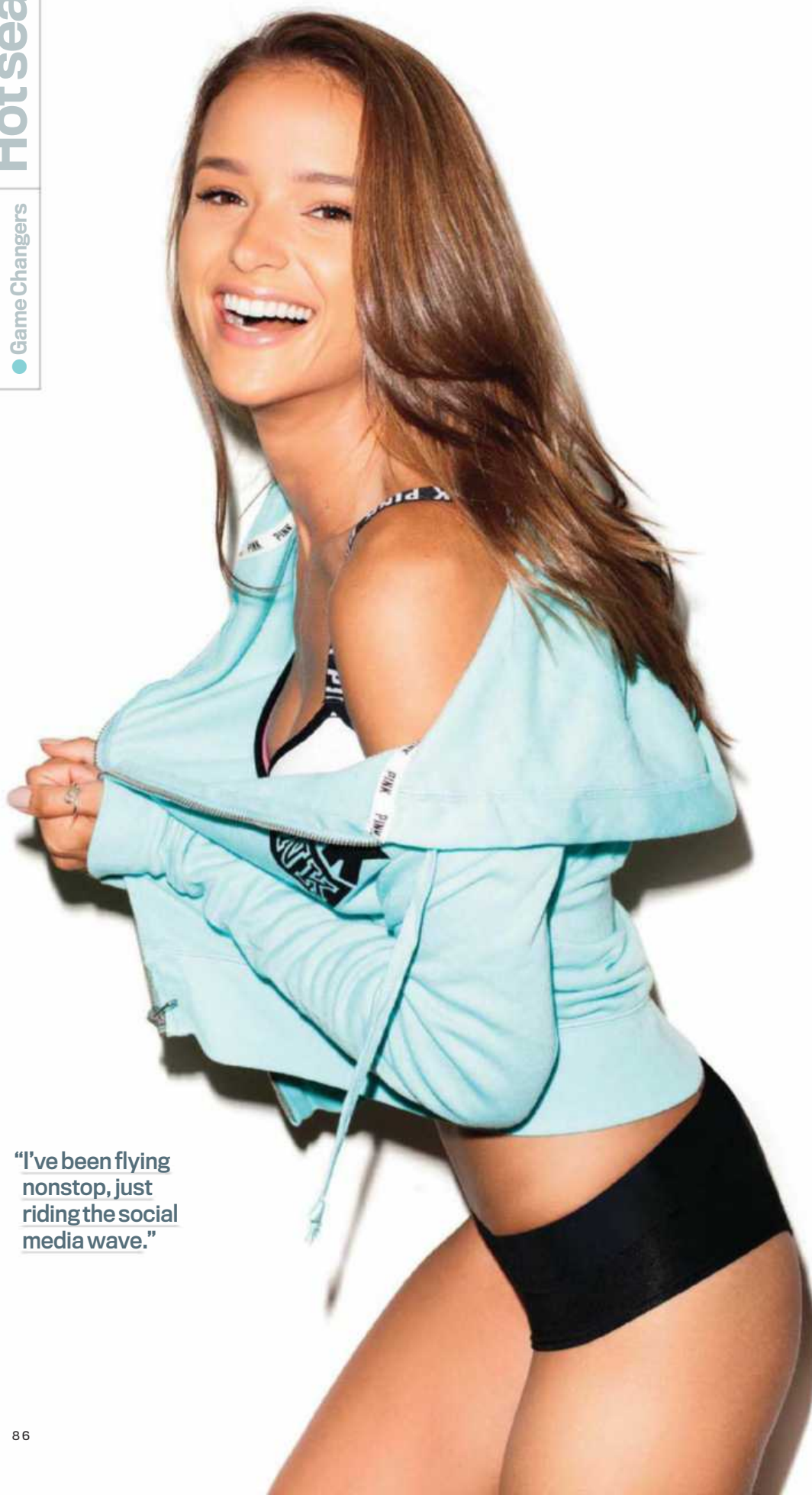
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**"I've been flying nonstop, just riding the social media wave."**

## Social butterfly

Look beyond all the Instagram pics of phenom Helen Owen's scantily clad, sun-kissed curves, and you'll discover—*nah*, you'll never make it that far

By Noah Davis



Helen Owen is what cynics might call "Instagram famous." Yet the

stunning bikini pics she posts daily aren't just shameless eye candy—they're a rallying cry for living large.

"About a year ago, my manager suggested I could earn a living doing this," says the 23-year-old, British-born and Bay-area-raised UCLA grad. Soon she had brands she already loved, from fashion houses to dating apps, paying her big bucks to show them in her photos. Today, nearing a million followers, she's been able to go international and support her love of travel with her sexy smile (and other admirable qualities). "I figured out the traveling thing on my own," she says of her move to cash in on what the rest of us consider "vacation photos." "I was in Greece and thought, 'Why not reach out to some hotels and see if they want to collaborate?'"

It worked. Since then she's been "flying around nonstop," she says, "just riding the social media wave." Now the biggest business decision she ever has to make is where to go next. "Maybe I'll go to Australia or something," she says. In fact, she's been traveling so much it didn't make sense to get an apartment, so she's been bunking with a friend in L.A. "I'll probably start looking for a place soon, though," she says.

If she needs a roommate, we're in.

Derren Versoza



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## Turn your phone into a lifesaver

Because being healthy isn't just about accumulating data—it's about what you do with it

**L**ike most guys these days who enjoy keeping round-the-clock tabs on their fitness levels, you probably know the unique pleasure of getting that late-in-the-afternoon wrist-tracker or smartphone message: *Goal achieved! You've walked 10,000 steps. Great job!* Though hardly the same level of satisfaction that follows a good four-miler or an hour with the free weights, it's nevertheless a nice little confidence boost. ¶ But considering the pace at which technology is advancing, haven't you also found yourself wondering why all these cutting-edge digital tools can't do just a *little* more than count calories, steps taken, and heartbeats per minute? Say, beam a doctor into your living room in an emergency? Let your smartphone double as a nutritionist, therapist, or even medical specialist—or, better yet, all three? ¶ Well, get ready for some good news, because that's all I've got for you from here on in.

### Avoid the doctor's office. Period.

Recently, my wife had a chest rash we were concerned about but didn't consider at all life threatening. So instead of embarking on an expensive and time-consuming trip to the ER, I fired up a new app—Doctor on Demand—and paid \$40 to get her a 15-minute consultation with a nearby physician. It was amazingly easy: Through a FaceTime-like interaction, the doctor took a look at the rash and diagnosed it as ringworm, and had a prescription automatically sent to my local pharmacy. In fact, with its 1,400 doctors available 24/7, Doctor on Demand is an excellent way to treat many simple infirmities, such as muscle sprains, sports injuries, sore throats, and flu symptoms.

If you don't feel like beaming the doctor into the room live, you can text, too. Just download HealthTap, an app founded at Stanford that connects you with real doctors for free. And don't worry: There are 73,000 doctors on the company's roster, so someone will get back to you fast. You can even take it to the next level and share photos or test results, and pay a small fee (starting at \$19.99) to get an answer, more insight into a condition, or just a second opinion. Obviously I wouldn't advise using HealthTap for severe chest pains—but you get the idea.

And if you *really* want to avoid your regular checkup, consider making a bigger investment: Smart, new, easy-to-use blood pressure and heart-health monitors from companies like iHealth (starting at \$80) and MocaCare (\$149, see page 28 for our report) bring the doctor's office home. iHealth also has a \$70 Wireless Pulse Oximeter to track your blood oxygen saturation and, for diabetes sufferers, a \$30 glucometer that reads your test strips and records blood sugar levels.

### Clear up your skin

If you're dealing with a skin condition like acne, eczema, cold sores, or insect bites, you won't necessarily get what you need from Doctor on Demand or HealthTap, since you'll need to talk to a specialist.

Instead of waiting to get a referral from your doctor, log on to the new app Spruce, which connects you with a board-certified dermatologist for just \$40. Rather than sit in a dreary waiting room, you just fill out a quick survey on your phone, use your smartphone to take a few well-lit pictures of the affected area, and within 24 hours you'll have a prescription and a personal-

by Mario Armstrong



ized treatment plan delivered straight to your device. And if that doesn't completely answer your concerns, you can ask follow-up questions for 30 days following the initial interaction.

### Set up your own "fitness consultant"

So, you already have all your different health-tracking gadgets and apps talking to Apple's Health app if you have an iPhone, or Google Fit if you're using an Android. If not, go set that up now. (Trust me: Just do it.)

Next step? For iPhone users, check out Addapp, a service that looks at data from all your apps and fitness devices and gives you actionable insight such as how your activity levels and sleep quality are related, and whether your activity levels correlate to the food you're eating. It also connects you with apps like Uber and Foursquare's Swarm, and alerts you when it sees correlations between, for example, periods of time when you're eating out a lot but falling off your running routine, or taking more Uber rides that could be affecting your mood or weight. Because Addapp analyzes the data in real time, when it spots unhealthy trends it can quickly notify you and offer suggestions—*before* you start to get out of your fitness routines.

If you're on Android, check out WebMD's Healthy Target app. Basically, you enter your health goals, then Healthy Target looks at all your data and provides customized insights and recommendations. Each week you'll get a review that will show you where you succeeded and where you could do better, plus actionable tips to help you improve your health the next week, before you're reviewed again. In other words, it doesn't just accumulate data, it tells you what to do with it.

### Get your own personal nutritionist

Nothing helps you lose weight like a for-hire expert. For as little as \$50 a month, the Rise app gives you on-demand access to a registered dietitian who evaluates your meals and offers you feedback about your diet. The app's super simple to use—just take pictures of your food and share notes about your exercise, and in a matter of minutes

your coach will come back with problem spots and challenges; he or she will even join you for some celebration when you hit your health goals.

Simply tracking your meals is another great, easy way to keep yourself honest and make sure you hit your calorie goals each and every day. I love Under Armour's MyFitnessPal app, a free calorie counter and diet tracker. What makes it stand out is its massive built-in database of more than 5 million food items. For instance, search for "Grande Soy Caramel Macchiato" and, no joke,

the Starbucks drink pops right up—240 calories. And you get not just an accurate count of your day's calories and complete macros but also the ability to sync that data with more than 30 other apps and devices,

like Addapp or the Withings Smart Body Analyzer, a scale that transmits your weight wirelessly so you'll never lose track.

### And, in an emergency, stop yourself from going on a rampage

After a tough meeting I need a minute to get my head back in the right space. For that, I turn to Calm ([calm.com](http://calm.com)), an app for desktop, tablet, or smartphone. Unlike the dozens of other meditation apps out there, Calm cuts through the clutter precisely because there's no account to set up or community to join—you simply launch it and start a meditation session within seconds. Out of all the meditation apps I've tested (too many to count!), Calm has the best curriculum of guided meditations that manage to be both deep yet easy to implement into your life. Start with its free "7 Days of Calm" course, which walks you through the basics of mindfulness, deepening your concentration and focusing on your patience. From there, you can pull up the app whenever you need it, at your desk, during your lunch break, and do a session as short as two minutes.

Once you're logging 30-minute sessions, not even leaving your smartphone at home will throw you into a panic. ■

Mario Armstrong, a digital lifestyle expert, appears regularly on NBC's *Today* and CNN.

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## Don't be an idiot (at least not with your money)

Top experts reveal the biggest, most preventable financial errors you're (probably) making—and how to avoid them

**ON SECOND AND GOAL, SEATTLE SEAHAWKS** coach Pete Carroll called for a pass instead of sending Marshawn Lynch plowing across the goal line. Ben Affleck hopped a private jet from the Bahamas to Vegas with his nanny instead of his Hollywood-actress wife. Shame-faced Volkswagen execs admitted they'd tweaked the software in their diesel engines to be able to cheat on emissions tests. ¶ Chances are, you committed some absolutely avoidable, almost comically boneheaded errors this year, too—with your money. And while they may not be on the same level as whiffing on a surefire Super Bowl win, making Jennifer Garner want to divorce you, or losing upwards of \$18 billion on a single vehicle recall, they cost you nonetheless. ¶ So I asked several financial experts to tell us the most expensive preventable mistakes they commonly see committed and what to do to avoid them. Because, let's face it: The worst kind of mistake is the one you saw coming.



### ERROR NO. 1 Getting caught on the "hedonic treadmill"

"The biggest unforced error of all." That's how Allan Roth, a fee-only financial adviser, describes the habit of boosting your spending in tandem with your income. Why? Because few people who do it end up any happier. To understand why, imagine stepping into an air-conditioned room on a hot day: At first it feels great. Then it just feels normal.

It all comes down to the most basic rule in the book: When you subtract your expenses from your take-home pay, the larger the amount you're left with, the better off you are.

The easiest way to get a handle on your spending: Recognize the difference between needs and wants, advises Gary Schatsky, founder of *objectiveadvice.com*. Needs include expenses such as rent, utilities, food, 401(k) contributions, and deposits to your savings account. And if you have money left over? Set your priorities. What would make you happier, that new car or a Caribbean vacation?

Surprisingly, research suggests the vacation might be the better choice. Dan Ariely, Ph.D., a Duke behavioral economics professor, offers three reasons. First, it takes longer than a week to tire of a beautiful beach, so you'll leave before the initial joy wears off. Second,

From top: Damian Dovarganes/AP; Corbis; Clint Brewer/Splash News; Pablo/FAMEFLYNET PICTURES; Kevin C. Cox/Getty





Eric Nelson Photography



**Stephanie Johnson**  
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the vacation memories will provide happiness long after the trip's over. And third, you won't be committing yourself to big spending in the future. A new car needs upkeep, insurance, and, in few years, a shiny new replacement to show off. Not so with a great trip—you'll never see a better one of those in your neighbor's driveway.

## ERROR NO. 2

### Failing to invest in stocks

"Equity ownership is the best path to long-term wealth creation," says "Money Honey" Maria Bartiromo, host of *Mornings with Maria* on Fox Business Network. The numbers back her up: Over the long term, stock returns blow away gold, real estate, bonds, you name it. But 2015 stocks have been a losing proposition in the short term: Think of the market's recent volatility as a temporary sale.

But you should view the market from a much higher altitude. "Evidence shows that millennials are scared of stocks," says Roth. "They saw Mom and Dad panic in the dot-com bubble, then lived through the real estate and financial bubble. They learned not to invest."

Consider, briefly, an alternative: A savings account at Chase pays 0.01% interest—at that rate, you're set to double your money in just 6,932 years. In other words, after inflation, you're guaranteed to take a loss. Meanwhile, the stock market has averaged roughly 10% annual returns over the past 90 years. Yes, that's included vicious bear markets in which even diversified portfolios have been cut in half. But guys in their 20s and 30s have a huge advantage over older investors: time.

"The younger you are, the more risk you can tolerate," Bartiromo says. Ditto Dan Wiener, CEO of Adviser Investments. He told his son to put all his savings in the Primecap Odyssey Growth Fund (POGRX). In 2009, the kid complained: It had gone straight down month after month for a year and a half. But since then, it's compounded at 20% a year.

Today, Wiener's 31-year-old son has doubled his money.

## ERROR NO. 3

### Getting way too clever

Anything you've heard that makes investing sound fun, exciting, or complicated, forget. Investing's not easy, but it should be simple. For example, in 2015 those

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### Consider safer stocks

■ If the stock market roller coaster is freaking you out, consider a low-volatility exchange-traded fund, or ETF. These funds own companies that tend to move less dramatically than the average stock. (Think AT&T and General Mills.) A good option: iShares MSCI USA Minimum Volatility ETF (USMV).

### Turn your car into an ATM

■ Your next road trip could prove profitable thanks to the Roadie app, which connects drivers with people who need a package delivered. You're going there anyway, so why not get paid for the trip?

### Start cutting your taxes now

■ Before Jan. 1: Be sure to complete any charitable contributions, spend all the money in your flex spending account, and consider selling any taxable investments that are trading for less than you paid—you can reinvest the proceeds in a similar asset if you're still bullish.

oh-so-clever hedge fund guys were on track to fall short once again. And while some funds have done well, on balance the industry has underperformed a simple stock/bond mix every year since 2002.

So turn off CNBC, says Wiener. Adds Roth, "If you can't explain it to an 8-year-old, don't buy it." Invest in low-fee mutual funds like the Fidelity Spartan Total Market Index Fund, which gives you exposure to the entire U.S. market. Then add the Vanguard FTSE All-World ex-US Index Fund and get the rest of the world. If you want to try and beat the market, consider the Primecap fund Wiener recommended to his son, but realize it will probably underperform in some periods.

## ERROR NO. 4

### Overpaying your taxes

While it's unlikely you're purposely funneling extra cash to Uncle Sam, you may be failing to take all the deductions you're due. This past year, for instance, if you'd donated \$400 worth of old clothes and other stuff, that would've knocked about \$100 off your tax bill, says Gary Schatsky. So hit up the charitable organizations and get receipts for all your donations. This advice gets more important as you make more money: the higher your tax bracket, the bigger the benefit of a deduction.

Also, did you act on that "hot stock tip" your buddy gave you? Assuming you lost money (which is what happens with most hot stock tips), you have a potential tax deduction. "Man up," says Schatsky: Admit the investing mistake and sell the

losing stock. You can then deduct the loss against any taxable market gains or, if you don't have any, your ordinary income. Invest what's left in a low-fee fund.

## ERROR NO. 5

### Mistaking luck for skill

"The worst scenario is when some guy thinks he's got a great idea and buys a stock and it doubles or triples, and he thinks he's a genius," Wiener says.

I spend a lot of time talking to financial pros—on TV, at conferences, on the phone—and I've noticed that the smartest guys have one thing in common: humility. Roth, for instance, loves to share the lesson he learned early when, with the certainty of youth, he spent all his college graduation money on an investment in gold. His average annual return over 35 years: 1.49%, which means he's lost money to inflation. Wiener will tell you how he tried to predict the direction of interest rates, got it right a few times, then lost all his profits when his lucky streak ran out. Chris Davis, a prominent mutual fund manager, devotes a wall of his office to plaques commemorating his worst investments so that he and his team remember the mistakes and learn from them. And Warren Buffett is planning not only to give away all his money but also to outsource the distribution, because he thinks someone else will do a better job. Now, that's humble.

But humility's sometimes hard-earned. Case in point: As the market marched steadily higher in recent years, it was easy to look at your returns and call yourself brilliant. Then came the August bloodbath, when stocks plunged in a single ugly week. How brilliant did you feel then?

So admit you don't know what the market's going to do, or what will happen in your career, or if buying that house will turn out to be a great move. Only then can you focus on the things you *can* control: paying low fees, saving, and benefiting from compounding. Over time, you'll do far better than a guy who thinks he's smarter than the crowd. "The best way to build wealth is to avoid mistakes," says Roth. "So live below your means, buy boring stock index funds, and don't let Madison Avenue tell you what car to drive." ■

*Jack Otter is the author of Worth It...Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions.*



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## Cool duds, made to order

Want a perfect-fitting button-down? Jeans in the exact cut and color of your choice? It's easy—customize!

and kept hardcore sneakerheads worldwide happily tinkering with the looks of their favorite pairs of Kobes or Nike Frees. Want a fluorescent tongue? Go for it. All matte black, but in high-tops? No problem. How about your monogram on the heel? Thought you'd never ask. (Honestly, even if I don't pull the trigger on buying them, I find designing pairs of Jordan 1s at least as much fun as playing *Halo*.) But that's about as far as it's gone. ¶ Until now. Finally, options for extreme customizing have gone beyond athletic shoes and into the realm of dress shirts and shoes, T-shirts, even brand-spanking-new—if wildly expensive—blue jeans. ¶ And because, like NikeiD, made-to-order items cost more than the usual factory stuff, I went searching and found the best—and best-looking—clothes to call your own.

You're an "I want it the way I want it" type of guy. Whether it's the setup of your home sound system or the shade of the leather in your Lexus, you take the time to fine-tune till it's *just right*. But want to customize your blazers, shirts, jeans, and dress shoes so they suit you to a T? Sorry, you're out of luck. ¶ Granted, for a decade, the groundbreaking design-your-own-shoe lab, NikeiD, has made the company's athletic footwear tweakable

Prop styling by Rachel Suckley/Bernstein & Andrulli



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## Burn It!

### Button-down shirts

**WINNER:** Trumaker ([trumaker.com](http://trumaker.com)); casual button-downs from \$97, blazers from \$495

Nothing matters more than fit, so before you start fussing over different collars or stitching colors, turn to Trumaker, which started out obsessed with one thing: producing the best-fitting damn button-down you've ever worn. Its entire operation is configured to help you buy a classic shirt in made-to-measure proportions—think J.Crew but with custom measurements. It's a unique company that essentially works like a mashup of Uber and Avon, sending trained reps, known as Outfitters, to meet you for a free appointment at your office or place of choosing. These roving tailor/style consultants spend 30

minutes taking your measurements and helping you pick from the firm's designs to create a unique online style profile, then use the company's own algorithm to chew through that data on fit and size to produce custom patterns with which your shirts or jackets are produced.

**RUNNER-UP:** Woodies ([woodiesclo.com](http://woodiesclo.com)); most shirts \$78, with a few basic colors just \$68

The brainchild of a onetime department store buyer, this combines fit with personalization. The measurements are handled using a nifty piece of tech: an advanced 3-D rendering program that lets you play with a mannequin-like avatar that models shirts in your exact measurements. Once you're set up, you can start picking fabrics and toying with the collar, cuffs, and whether you want a pocket or monogram. Among firms that allow such detailed personalization, Woodies is a standout for: 1) the price, which is far cheaper than most rivals, and 2) its 100% happiness guarantee on every purchase. If you don't like the shirt, it'll remake it until you do.

### The best custom accessories

To go with your new threads, the ultimate bespoke specs, bags, and denim found anywhere on the interwebs

#### EYEGLASSES

Made Eyewear ([madeeyewear.com](http://madeeyewear.com))  
Frames from \$84

With styles starting at just \$84, this online spectacles broker offers a dozen build-your-own frames. Personally, I prefer the Shane, classic, conservative Wayfarer-types that fit most face shapes. Pick tortoiseshell or colors, arm engravings, and patterns. Best of all, if you don't like the final product, you can get a 100% refund, no questions asked. So your detour into fashion design is entirely risk-free.

#### BACKPACKS AND MESSENGERS

Ynot Bags ([ynotmade.com](http://ynotmade.com))  
Bags from \$80

Rugged, durable, and ultimately fad-proof, these backpacks and messenger bags start at only \$80 and offer 20 or so finishes as well as choices for just about every detail; the front and back panels and pockets can even be contrasting colors. There's also a range of buckles. (You can go magnetic for convenience.) The one-week delivery is a major upside.

#### DENIM

3x1 ([3x1.us](http://3x1.us))  
Custom jeans from \$525

Custom jeans are hard to find. But if you can make it to the showroom of 3x1, a new company based in New York City, you can pick from eight basic fits and 640 or so rolls of fabric, then customize everything from the rivets to the stitching. The downside is the huge price tag, so save up or just wait for next year's bonus.

### T-shirts

**WINNER:** Son of a Tailor ([sonofatailor.com](http://sonofatailor.com)); T-shirts \$60 each or \$54 for two

Fantastic for guys with unusual measurements, like beefy biceps or a thicker neck, this startup offers four styles of custom T-shirts in four colors. You provide your measurements, either by mailing in a favorite T-shirt to copy or filling out a form, then sewers create a custom pattern on which they base your T-shirt; each worker adds a handwritten note before sending you the garment. The fabric is top tier—choose from organic cotton with 5% elastane for just the right amount of stretch, or 100% Supima cotton. How good are they? The company claims return rates of just 3%.

**RUNNER-UP:** Vastrm ([vastrm.com](http://vastrm.com)); T-shirts from \$125, polo shirts from \$145, hoodies from \$245

Yep, I know: weird name. (Apparently, it's Sanskrit for "cloth.") The polos here, though, are unbeatable. Three sizes are sent to your home for you to try on; you can then tweak the basic measurements to slim down the fit or adjust the arm length. The T-shirts and hoodies are overpriced (\$125 and \$245, respectively), but at \$145, the build-it-yourself polo is terrific. And there isn't a single detail you can't personalize on it: Vastrm stands out as the only custom site that visually shows your changes

as you go along, so you can swap out the collar color, add a golf tee pocket, and pick the kind of sleeve cuff you want, as well as the number of buttons.

### Dress shoes

**WINNER:** Quoddy ([quoddy.com](http://quoddy.com)); shoes from \$275, boots from \$300

This old-school Maine cobbler has embraced extreme customization, NikeiD-style, offering two dozen styles that can be tweaked to your own specs. I'd advise skipping the boring beige and brown options offered for the boots and moccasin-inspired shoes, and instead go with the fun, trippier color combos available for the driver (\$325) and boat shoes (\$295). Quoddy lets you choose everything from the soles (I'm partial to the red version on the driving loafer) to the rivets and even the stitching. Watch for fit, though: These styles tend to fit more like sneakers than dress shoes, so going a half-size down from whatever sneaker you wear will probably feel snug but comfy.

**RUNNER-UP:** Scarosso ([scarosso.com](http://scarosso.com)); shoes from €269 (about \$300)

This firm offers seven styles of shoes, handmade in Italy to your exact specs for €269 (or about \$300) per pair. The site walks you through each step clearly: For an Oxford shoe, you can choose the leather, lining, toe decoration, and sole. (The lightweight rubber is a great winter choice.) They're stylish without shouting, and Italian-made shoes are renowned for being wide enough for even the fattest feet. It's just a pity it takes so long to get the final product—at least seven weeks.

### Suits

**WINNER:** Alton Lane ([altonlane.com](http://altonlane.com)); two-piece suits from \$595, three-piece suits from \$740

There are countless online suiting start-ups, and Alton Lane is one of the priciest. But bear with me, because it's worth it. This firm operates a series of showrooms across the country, each equipped with a 3-D body scanner: Step inside, and within 30 seconds its sensors have mapped your

entire frame. The measurements are then sent to a computer that creates a custom pattern with the precision of a master tailor, so the fit is unbeatable. It's up to you what color you choose for the buttonhole and the piping on the lining.

**RUNNER-UP:** SuitSupply ([us.suitsupply.com](http://us.suitsupply.com)); two-piece suits from \$399

This site scores major points for the wide variety of its suits: 12 clearly explained core styles, including my personal favorite, the slimline Napoli with a lightly padded shoulder that, in a navy or dark gray, should flatter most guys. You can't change the basic details—the flap pockets and notched lapels on the Napoli, for example—but you can count on a nearly perfect bespoke fit. Submit measurements online, or book an appointment at one of the firm's ateliers (15 and counting countrywide, with more opening each month), where the knowledgeable on-site staff will take your vitals in person. ■

*Mark Ellwood is the author of Bargain Fever: How to Shop in a Discounted World.*

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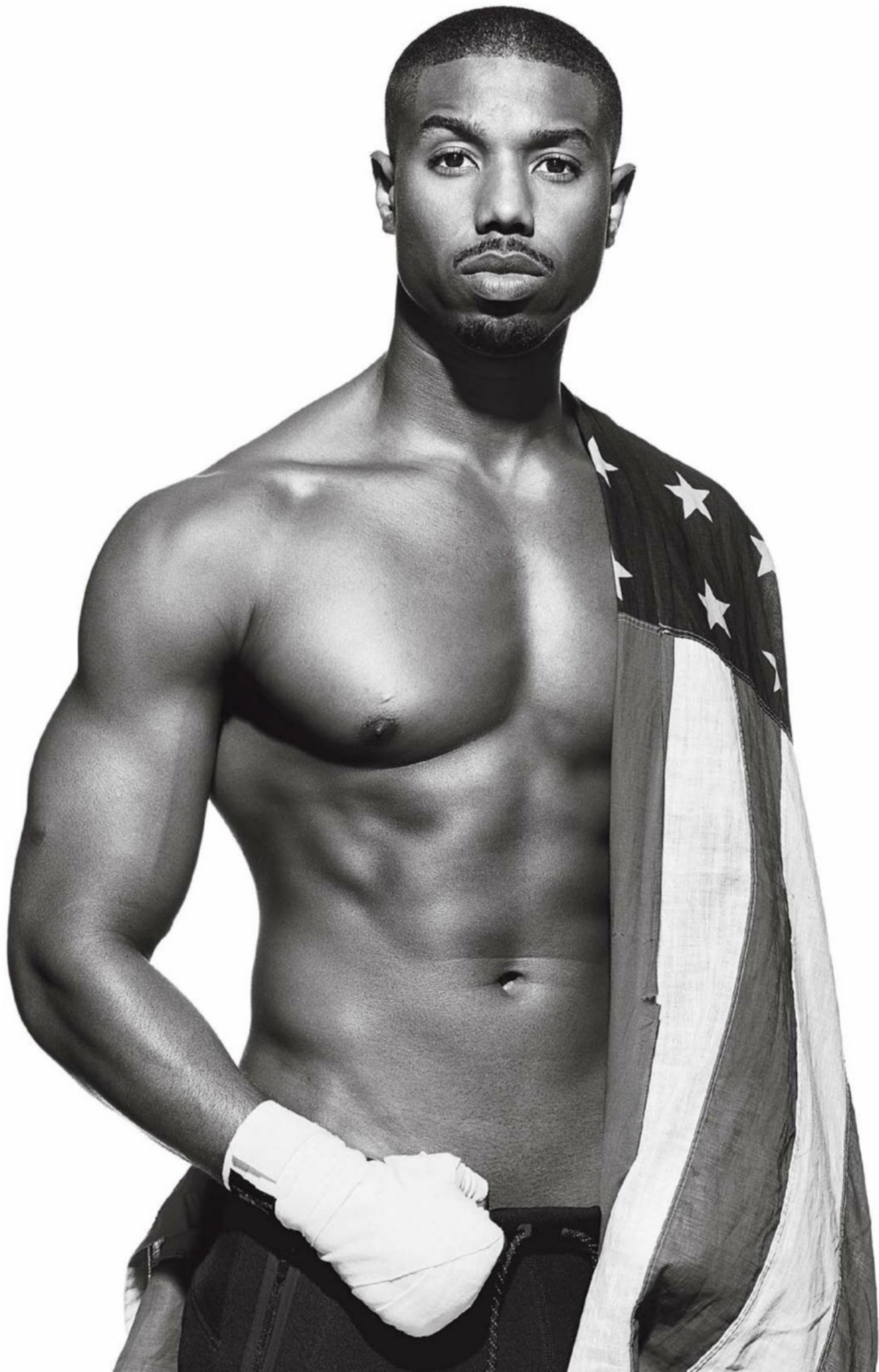
MICHAEL B. JORDAN HAS GROWN UP BEFORE  
OUR VERY EYES, GOING FROM YOUNG  
SUPPORTING PLAYER IN TV'S **THE WIRE** AND  
**FRIDAY NIGHT LIGHTS** TO A BONA FIDE MOVIE  
STAR IN **FRUITVALE STATION** AND **FANTASTIC FOUR**.  
NOW, FULLY JACKED TO HELM THE BOXING  
EPIC **CREED**, HOLLYWOOD'S REIGNING GOOD GUY  
OPENS UP ABOUT HIS CRAZY TRAINING—  
AND WHY HE'S NOT AS CLEAN-CUT AS YOU  
PROBABLY THINK.

BY DAVID KATZ  
PHOTOGRAPHS BY PETER YANG

# mbj

AMERICAN ADONIS











Midway through a set of lateral raises, Michael B. Jordan does the one thing you never do when you're working out with a personal trainer—especially one who's happy to make you pay for it. He tells him that the weight is too light, before the guy's even given him the final rep count. ¶ Today's back-and-shoulder session is taking place at Mansion Fitness in West Hollywood, a personal training gym that borrows its aesthetic from a trendy hotel lobby: hardwood floors, chandeliers, large gilded mirrors on the wall. Power-pop blares through the house speakers, but Jordan can't hear it over the Drake blasting through his own headphones. He's wearing basketball shorts, neon yellow Nikes, and a black hoodie, which has become his workout ensemble of choice. "I tried all sorts of different things," he says, "but I like the hoodie because when you're done and you take it off, it's sort of like an unveiling."

Jordan's trainer, Corey Calliet, a former boxer with a thick Louisiana accent, smiles at his client's invitation to inflict more pain. "Come on, now, you're not just showing off for the people, are you?" he chides, referring to either the journalist observing them or the cute girl in spandex shorts who just hit the water fountain. While we can't speak for Water Fountain Chick, there's no need for Jordan to show off on our account—his deep résumé does that.

First are his early standout roles in *The Wire* and *Friday Night Lights*, followed up by *Chronicle*, one of the most inventive superhero movies in years; then comes his leading-man breakout in the heart-wrenching *Fruitvale Station*. Finally, there's this year, which—with starring roles as Johnny Storm in the high-profile (if underwhelming) *Fantastic Four* and the title character in *Creed*, this winter's spin-off of the long-dormant *Rocky* franchise—has been huge. And not just professionally but physically: As the son of Apollo Creed and an aspiring light-heavyweight champion, the 28-year-old was required to undergo a serious physical transformation—hence the ass-kicking training regimen on display today.

So, yeah, call us sufficiently impressed.

But Calliet—well, his job is not to be wowed by his client but to push him. So if Jordan is going to question the weight, Calliet is going to answer with several additional iron plates and extra security on Jordan's form. But Jordan, now clearly straining but focused and intense, powers through.

"Man, he's come a long way," Calliet tells me. "When we first started he could barely bench 20 pounds, his legs were flailing everywhere...he had nothing."

"OK, now," says Jordan, "easy with the 'nothing.'"

"He used to hate all this," says Calliet.

"Used to?" the actor jokes, then gets serious. "No, he's right, I did. I hated it. You know, at first you feel like shit, you're hurting. When things start getting a little easier, when you start lifting weight you never lifted before, when you start bench-pressing 225 pounds 10 times and it ain't nothing, and then you start giving hugs to girls and they're, like, feeling you up a little and you think, 'What's this?'—then it's, 'This is all right.' So I learned to love it when I started seeing results."

And those results are pretty incredible—24 pounds of pure muscle added over the past year. "He had to look better than *Rocky's* Apollo Creed, who was ripped," says Calliet, whom Jordan chose after a series of dud trainer pairings and now credits with his transformation. "Everybody's trainer has their own little key, but none of those keys worked for me until I met this guy," he explains. The two started working together in Baton Rouge, LA, where *Fantastic Four* was filmed. "We just clicked and got along. Just like a barber, who knows you and knows how you like your hair cut. You guys have a rapport." They hit it off so hard that Jordan asked Calliet to move to L.A. to keep training him for *Creed*, which turned into a full-time job. Before shooting began, it was "all day, every day for four or five months, sunup to sundown," Jordan says. "He had the key to my apartment and would be, like, 'Hey, Mike. Get up, it's time to do it.'" Now it's down to three hours, split between lifting and cardio. "Now he's family," says Jordan.

But let's be real: How many actual family members could survive that kind of quality time?

Jordan says Calliet succeeded with him by always keeping his training just bearable enough. For example, a lot of trainers don't believe in cheat days, but Calliet knew that Jordan, an avid cook and foodie, needed something to live for. So from sundown Saturday to sundown Sunday, it was "anything goes." "My cheat days were incredible," says Jordan, his voice full of pleasure as he recalls those meals. "French toast in the morning, Philly cheese-steaks in the afternoon...pizza. I did cheat days right!"





"WHEN YOU START BENCH-PRESSING  
225 POUNDS 10 TIMES AND IT AIN'T  
NOTHING—AND YOU GIVE HUGS TO  
GIRLS AND THEY FEEL YOU UP A LITTLE—  
IT'S LIKE, 'THIS IS ALL RIGHT.' I LEARNED  
TO LOVE IT."

Luckily, though he'd never lifted before—not like this anyway—Jordan had the raw materials. He'd always been an athlete—"supercompetitive," he calls it. And that's on full display when, between exercises, he and Calliet throw on boxing gloves and pads and work through combinations. Fast, then slow, then fast again until Jordan's hands are a blur. He's got the speed. It's easy to see how he was a solid enough high school basketball player to get a few college looks. There was even a brief moment when he thought maybe things would break that way. "Like, maybe I could make a push and go Division I. But then reality set in, and I wasn't over six feet. And this acting thing was starting to take off."

"This acting thing," as he puts it with characteristic understatement, started as a lark. He was 11 years old, tagging along with his mom to her doctor's office. The receptionist noticed young MBJ's good looks and told his mother he should get a modeling agent. This was back in Newark, NJ, where Jordan grew up. (He was born in Orange County, CA, but the family soon moved east.) "You know, Newark isn't, like, a dream to grow up in," says Jordan, which explains why his mom, a guidance counselor, and his dad, who worked in airline cargo, were always looking for ways to keep him and his younger brother and older sister busy. "It was benign, just something to do," he says. "I was still playing basketball and baseball—everything else I wanted to do as a kid. Modeling was a chance to get out of school early and go into the city."

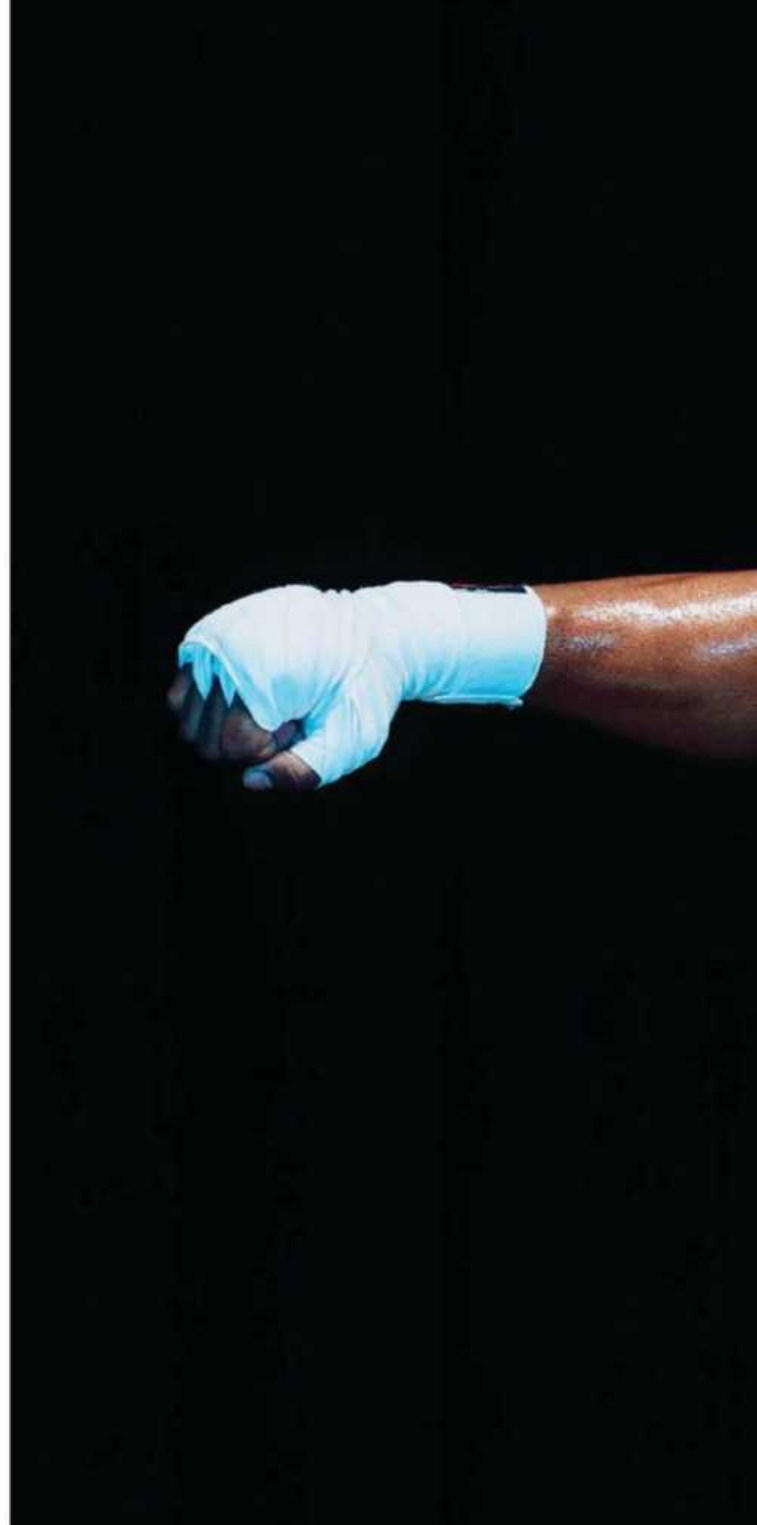
He booked print work, which led to TV commercials and indie movies and, eventually, the role of a sensitive corner hustler named Wallace in the first season of HBO's *The Wire*. Though that would change his life, at the time the young Jordan had no sense of its huge cultural impact—no idea that the line "Where the fuck is Wallace?" would become canonical, a sort of "I know it was you, Fredo!" for a new kind of post-*Godfather* gangster saga.

"Looking back at it, it's easy to try and connect the dots, like, 'Man, this kid made great choices,'" he says of his roles in *The Wire* and *Friday Night Lights*, two shows often bandied about as the greatest of all time. "But beyond a certain point, I can't take credit for that. It was just one of those things where that was the audition I went in for and booked—the right mix of circumstance and timing. Up until *Fruitvale*, the choice thing wasn't in my hands."

That doesn't mean he wasn't devastated when Wallace was offed at the end of Season 1. "I thought life was over, I was crying hysterically," Jordan says. "I was the youngest one on the set. Everyone was like a big brother or uncle to me."

It makes sense that working on *The Wire*, with its high-caliber actors, writers, and directors, would be formative for Jordan. But there's another gig he also credits for shaping his intense work ethic: Surprisingly, it's the soap opera he worked on for three-plus years, *All My Children*. "Honestly, soaps are great training," he says. "You're doing 90-plus pages a day. It was my acting class, where I built my foundation for showing up and being professional."

As much as anything, it's still that unwavering discipline that's enabled Jordan's success, professionally and, over the past year, physically. Dedication simply isn't "optional" when you've got a



year to morph from a normal guy into a heavyweight boxer. And not just any boxer, but the son of the man who was badass enough to take down Rocky Balboa. "The moment we knew we'd succeeded with the transformation," says Calliet, "was when Sly Stallone came in and checked him out and was like, 'Wow.'"

Jordan's character in *Creed*, Adonis Johnson, was born after his father, Apollo, had already died, "so he grew up in the shadow of one of the greatest fighters who ever lived, but didn't know him," says the actor. "So he's constantly being compared with this guy he didn't know. He's trying to figure out who he is. He's got some daddy issues and a lot of trust issues, but he's a hard worker and feels like he's got what it takes."

If that sounds a lot like the dude playing him, it could be because



the role was actually written with Jordan in mind. In fact, *Creed* writer-director Ryan Coogler began sketching out the character right after the duo wrapped their first collaboration, *Fruitvale Station*, the true story of Oscar Grant (played by Jordan), a 22-year-old father shot in the back by Bay Area Rapid Transit police on New Year's Day 2009. Today the film, which recounts the final hours leading up to Grant's senseless murder, is as relevant as it was when it was released two years ago—if not more so.

"You keep hoping for a different ending," says Jordan, whose humanization of Grant, showing the way he had to jump in and out of the different worlds he inhabited, gave the film much of its power. "It's the African-American experience," he says. "You've got to wear different masks. When you're in the hood, if you stand

out you get picked on for being weak. Sometimes you have to hide your intelligence. In front of your boys, you might put on a bit of bravado, be a little bit tougher. When you're in front of your mom, you might put on the good boy, the son. Around your girl, you're putting on another front."

Not only was *Fruitvale* a critical and commercial success, it proved Jordan could carry a movie. "Doing ensembles and shows is one thing," he says, "but being able to front a feature is totally different. You can be a great actor, and supertalented, but there's something about carrying a feature that's unique. There were a lot of questions I wanted to answer with that project."

*Fruitvale* also turned out to be a crash course in dealing with the media. It was criticized by some outlets for making Grant overly



# Sharp



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#### SOAR

For this limited run of 1,999 watches, the Khaki X-Wind—the first-ever watch with a drift-angle calculator so pilots can measure and record crosswinds—has been revamped in two sleek colors: a black dial with dark gray subdials, and silver with dark gray subdials. "It's a more industrial look, which makes it unique," Gordon says.

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●  
**ROCKET**

Breitling produced only 500 of these black-steel bad boys, named in honor of the acrobatic Breitling Jet team's 2015 debut.

(Catch the ex-military pilots flipping and barrel rolling at 5Gs at [breitling-jet-team.com](http://breitling-jet-team.com).)

Each of the striking black and yellow watches is individually numbered and equipped with a sporty yet handsome rubber strap.

▼ ●  
THIS JET TEAM  
CHRONOGRAPH  
COMES IN THE  
SAME DYNAMIC  
COLORS FOUND  
ON THE  
ACROBATIC  
AIRCRAFT  
FLOWN BY THE  
BREITLING  
JET TEAM.





TISSOT T-RACE  
NICKY HAYDEN  
LIMITED  
EDITION 2015  
\$925, [TISSOT.CH](http://TISSOT.CH)

#### ZOOM

Pro motorcycle racer Nicky "the Kentucky Kid" Hayden is getting the star treatment with this run of 4,999 watches emblazoned with his logo and No. 69 on the case back, as well as elements that tie into his scene, says Gordon, like the star at the dial's No. 6, the same design you'll see on Hayden's Honda.





SHINOLA THE  
RUNWELL 36MM  
\$600, [SHINOLA.COM](http://SHINOLA.COM)

#### RUMBLE

Starting this month, Shinola will re-release its sleek and popular Runwell model, complete with stainless-steel case and screw-down crown.

This latest handsome devil to emerge from the cool, Detroit-based lifestyle brand's factory comes bearing a new twist: It's now available in a bold, sophisticated black-on-black design.





▼ ●  
**BELL & ROSS**  
**BR01 10TH**  
**ANNIVERSARY**  
\$5,300, [BELLROSS.COM](http://BELLROSS.COM)

●  
**EXPLORE**

If you've ever been in an airplane cockpit, you'll recognize that this ceramic timepiece resembles a snazzy aviation dashboard instrument. Bell & Ross produced only 500 of these watches with a "10" on the 6 (it's mirrored on the back, too) to pay homage to the Paris-based company's 10-year anniversary.

▼ ●  
IF THE WATCH FACE LOOKS FAMILIAR, YOU'RE PROBABLY A PILOT—THE BR01 IS MODELED AFTER AVIATION DASHBOARD INSTRUMENTS.



# The ultimate

2015 WILL GO DOWN IN HISTORY AS THE YEAR TRANSGENDER ISSUES EXPLODED INTO THE MAINSTREAM. BUT WHAT DOES IT TAKE—PSYCHOLOGICALLY AND PHYSICALLY—FOR SOMEONE TO CROSS GENDERS? AS THIS TIGHT-KNIT GROUP OF TRANS MEN REVEALS, YOU DON'T JUST NEED HORMONE TREATMENTS, THERAPY, AND LOTS OF EMOTIONAL SUPPORT TO BECOME A MAN. YOU ALSO NEED THE GYM—AND ONE SERIOUSLY BADASS WORKOUT.

BY RACHEL STURTZ  
PHOTOGRAPHS BY ANDREW CUTRARO

## BOYS' CLUB

Participants of Momentum, a fitness group at City Gym, in Kansas City, MO., where transgender men in transition sculpt their physiques.

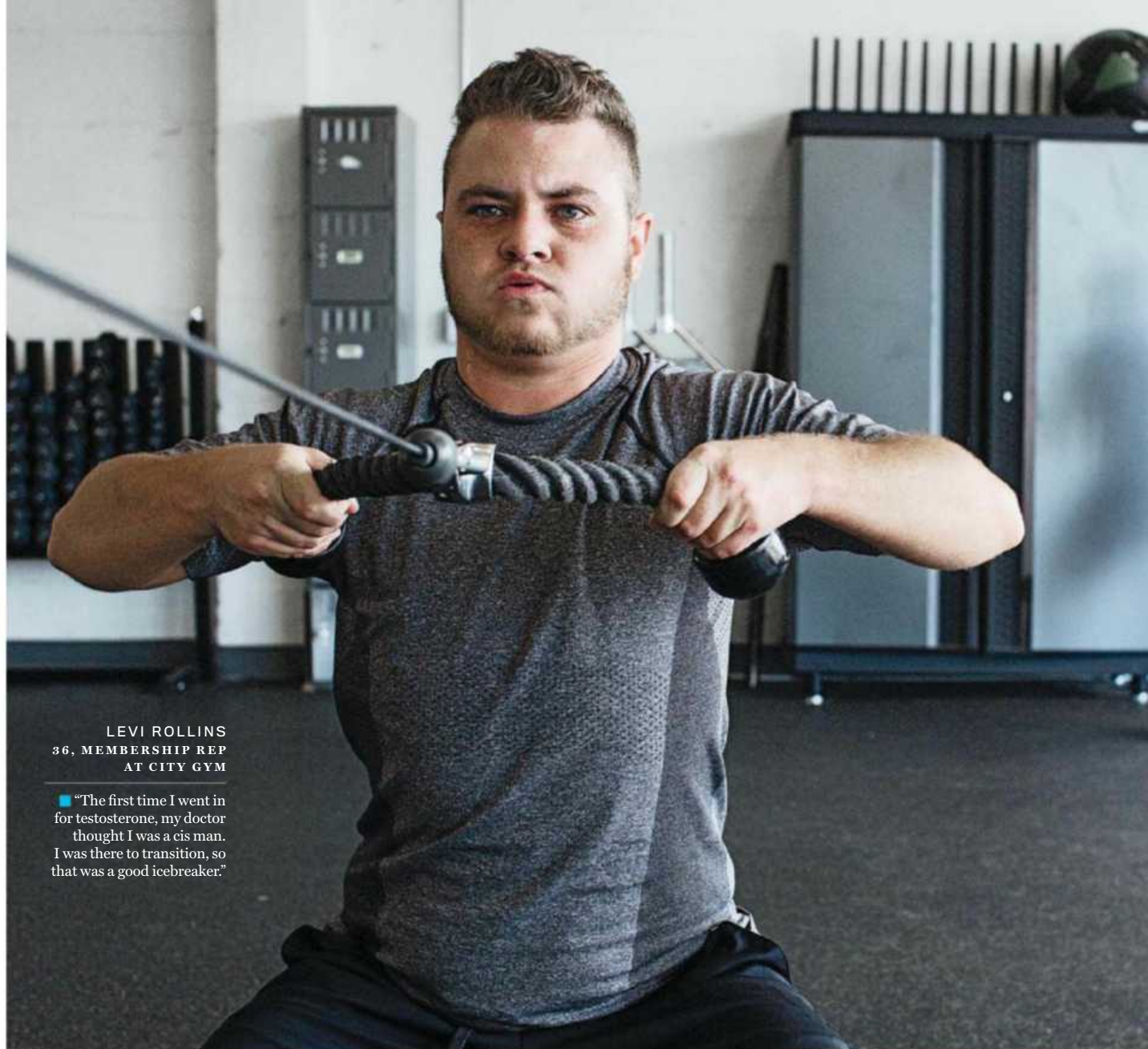




# transformation







LEVI ROLLINS  
36, MEMBERSHIP REP  
AT CITY GYM

■ “The first time I went in for testosterone, my doctor thought I was a cis man. I was there to transition, so that was a good icebreaker.”

#### 1) “FROM A BODYBUILDING STANDPOINT, IT’S LEGAL DOPING.”

IT’S A LATE SUMMER AFTERNOON AT CITY GYM, IN Kansas City, MO, and seven guys are pushing their way through a circuit routine so intense you can almost hear the lactic acid gumming up their muscles. They’re taking turns doing single-arm rope slams, lat pulldowns, chinups, and sled runs. At one point, a 27-year-old named Jacob Nothnagel gives up on his overhead press and drapes himself over his knees, his limbs visibly shaking. Meanwhile, a strapping 27-year-old named Blake Van Vleck stares dead-eyed at a chinup bar, his hands at his sides, his soaked tank top listing starboard.

“Look at Chase’s face!” says Hailee Bland-Walsh, the gym’s owner—an indefatigable 35-year-old taskmaster with a blonde bob and flashy Nike ambassador credentials—pointing at Chase Tien, a sturdy 26-year-old wincing as he struggles against the seated chest press machine. When everyone laughs, it’s clear that, despite the palpable agony, these guys are actually having a lot of fun. That’s because never before

in their lives had they been able to push their bodies so hard.

Because, until recently, every one of them had been a woman.

Just five years ago, none of them could hoist 200 pounds in an angled leg press, much less 660 pounds. As females, they had a tenth the testosterone. They were constitutionally weaker, with less muscle mass and completely different physiques. Not that you can tell now, though. “Adding testosterone to a woman’s body is really powerful from a fitness perspective,” Bland-Walsh says later, with a mischievous grin. “From a bodybuilding standpoint, it’s legal doping.”

Today, testosterone’s deft hand—along with Bland-Walsh’s rigorous high-intensity routine—has whittled away the men’s formerly round figures, hardening the angles of their faces, lowering their voices, and giving many of them a bounty of manly hair. “Is this the first time you’ve watched him work out?” one guy’s wife—previously his girlfriend (many transgender guys initially identify as lesbians)—asks another as they lean casually against a nearby wall.

“Yep. This is honestly all he talks about. I’m always hearing, ‘I’m not seeing the gains I want.’”



"MY BODY FELT STRONGER OVERNIGHT AFTER THAT FIRST SHOT OF TESTOSTERONE," SAYS ROLLINS. "I BEGAN RIPPING HANDLES OFF OF MY CLOSET DOOR."

Everyone breaks out in laughter.

When the session ends, the evidence of hard work lingers—a pungent, masculine musk fills the air, and sweat soaks the benches. For most of these guys, it's clear that hitting the gym—and hitting it hard, for that matter—is still something of a novelty. Each late rep is accompanied with a sort of *I-can't-believe-I'm-doing-this* smile, each high-five as animated as you'd see in the NBA playoffs. Because, for these guys to achieve the bodies of their dreams, they don't just need drugs or surgery or years of therapy—though those are all essential. To go from female to male, joining the estimated 700,000 transgender people in America, these guys also need the gym.

And, as we discovered, City Gym is no normal gym—and what these guys go through to bulk up is anything but easy.

## 2) "IT ALL BEGAN WITH A BATHROOM."

IN EARLY 2012, A 31-YEAR-OLD NAMED DREW SMITH QUIETLY wandered into City Gym, located in Kansas City's hip Waldo neighborhood. He'd heard about the space from some friends,

and he warily eyed its white walls and neon-green rafters with his hands in his pockets.

Like all transgender people, Smith had suffered from gender dysphoria for much of his life, an acute and often harrowing psychological condition in which your biological sex and your "gender identity" are completely at odds (unlike the vast majority of people, who are known as "cisgender," the opposite of transgender). He spent 16 years, starting in second grade, feeling like his body, as he describes it, "was a house, but never a home." It felt impersonal. He adapted as best he could, keeping his brunette hair in a short bowl cut starting in elementary school, but he would always panic and burst into tears when his parents put dresses on him.

"When I was 10, I had to wear one to my brother's wedding," he says. "It seems trivial, but it was so traumatic. I remember trying to feign an injury to get out of it, like rolling out of bed in hopes that my arm would break." When he exercised, he would take pains to hide his sports bra straps under more masculine clothing. Smith first heard the word *transgender* when he was a 25-year-old lesbian, dating his eventual wife, Cecilia, and working in IT in Kansas City. His only regret was that he wished he'd known sooner. When he looks in the mirror today, Smith says he sees someone he recognizes for the first time. "Every time I walk around, answer my door, or let my dogs out with my shirt off, I'm awash with relief. People need to understand that becoming a transgender person is not a choice. There is no choice. I'm finally at home in my body."

But back in 2012, Smith wasn't so comfortable. Bland-Walsh approached him and led him around the sleek workout facility—past the cardio machines and spin classes filled with young Kansas City urbanites—and the two started talking. "He told me, 'I've reached a point in my transition where I don't feel comfortable in the locker room space anymore,'" says Bland-Walsh, who points out that there's no bigger daily source of potential terror and shame for transgender people than a public restroom.

"In any building I visit, I immediately know which men's rooms are occupied, and how many people come in and out of them," says Tien. "It's a habit I'll never shake." It's a habit born out of fear of embarrassment—sometimes even violence. This fall, one Chicago school district banned transgender people from locker rooms, and, in Houston, a proposal to allow trans people to use public bathrooms "of their choice" met rabid opposition. ("Vote 'No' on Proposition 1," says former Houston Astro Lance Berkman in a TV ad, denouncing the initiative. "No men in women's bathrooms. No boys in girls' showers!") And last spring, in fact, a woman in Midland, MI, sued Planet Fitness when it canceled her membership because, it said, she'd violated its "no judgment" policy when she encountered a transgender woman in the women's locker room and flipped out, alerting the entire gym.

But City Gym isn't Planet Fitness—or any other traditional gym, for that matter—and Smith had heard that this new facility, founded by Bland-Walsh a year earlier, was equipped with four private shower suites instead of locker rooms.

As Smith and Bland-Walsh hit it off, Smith told her about the Union, "A Midwest Transguy Coterie" he'd recently founded and is now 124 members strong. Its goal was to be a support group to area trans men and their significant others and to





**DREW SMITH**  
31, IT CONSULTANT

"Some days are still hard. I still have curves, as small as they may be. It makes me think I'm not a man—and everyone knows my history."



**CHASE TIEN**  
26, IT ENGINEER

"I lived in Singapore until I was 14 years old, and there was a huge emphasis on diversity. But for gay men, you could still be jailed."



**JACOB NOTHNAGEL**  
27, IT CONSULTANT

"Before testosterone treatments, I was very insecure and kept to myself. Now, my fiancée says, 'You look like exactly who you need to be.'"

educate them about all sorts of things they never learned growing up as girls—for instance, how to taste whiskey properly (smelling the pour with your mouth open) or how to tie a half-Windsor. Smith was looking for a fitness component to the program, too. Coincidentally, Bland-Walsh was already doing 90-day boot camps. Three months of high-intensity exercise, she believed, would be the perfect jumpstart for creating a masculine foundation and teaching these men the elementary rules of building a strong, balanced body.

"I said, 'Why don't we just use that framework and make it specific for what's going on with these guys?'" says Bland-Walsh. Soon the word spread among the area's trans community, and this winter, the group, officially called "Momentum," will be three years old.

### 3) TESTOSTERONE: "THE FIRST SHOT'S LIKE CHRISTMAS."

FOR SMITH, VAN VLECK, TIEN, AND THOUSANDS OF OTHER TRANS men elsewhere working diligently to rid their bodies of their last vestiges of womanhood—to erase the remaining pouches of fat around the belly button, under their armpits, and in their chest (where extra blubber gathers near the sutures of their double-mastectomy, also called "top surgery"), while at the same time building up shoulders, traps, and pecs—they need hormone replacement therapy (HRT). And that means lots of testosterone.

Briefly, here's how it works: The average male range of testosterone, the body's natural anabolic steroid, is 300 to 1,000 ng/dl (nanograms per deciliter), while female levels are closer to 30 to 200 ng/dl. From the moment trans men begin their weekly or biweekly testosterone injections, the hormone makes quick work: In less than three weeks the libido increases and fat redistributes, the breasts shrink, and subcutaneous fat around the thighs and hips slip away and settle around the midtorso, reshaping the female form. Menstruation stops after about two months. In the first six to 14 months, facial and body hair sprout, then week by week, muscle mass and strength increase. There's a boost to red blood cells, too, which means more oxygen to the muscles, increasing energy production, workout intensity, and stamina. By now, he's a man, at least hormonally—but he'll need those weekly injections for the rest of his life to remain that way.

(Otherwise, if they haven't had a hysterectomy—surgery to remove the uterus, ovaries, cervix, and surrounding structures—most things will revert back, except the deeper voice, elongated clitoris, patchy beard, and receding hairline.)

If all of this sounds bizarrely simple—"just add testosterone and you become a man"—it's because, physiologically speaking, that's entirely accurate. According to Joshua Safer, M.D., associate professor of medicine and molecular medicine at Boston University School of Medicine and endocrinologist at Boston Medical Center, testosterone is the only big hormonal difference in men and women, far bigger than estrogen, and it has greater immediate influence on your physical appearance than even your chromosomes. "But once his testosterone is raised, the degree of change in his body is influenced by how old he is and when he gets testosterone," says Safer.

The treatment can be challenging, and there are few informational and support systems in place to help the transgender man adapt to the hormonal changes, which includes acne, voice fluctuations, and sometimes hot flashes and mood swings, which Ali S., Blake's wife, describes as "going through menopause and puberty at the same time." The best resource for a trans man's pressing medical concerns is often YouTube, where other transgender people offer guidance. The Momentum guys say finding a doctor who is knowledgeable about trans medicine is near impossible. "It's true that we lack data in nearly every aspect of cross-sex hormone care," says Safer. "But we're dealing with medications that have been used for years for other purposes with quite good safety profiles and known pitfalls to avoid. However, considering the long-term requirements, I would like to know which approaches are the safest. Over many years, even small differences may add up to a significant difference in health in the population."

Bland-Walsh is more matter-of-fact when describing the current era of transgender medical attention. "It's a little like *Dallas Buyers Club*," she says. "A lot of doctors don't even like the people they're helping. The problem is, the trans community will do whatever a professional tells them. Instead of the guys feeling empowered—and having a conversation with their doctor if they're not happy with the way they're transitioning—the doctors will say, 'You look like a man, what else do you want?'"

The new trans man is also getting the good and the bad of being



**BLAKE VAN VLECK**  
27, PROFESSIONAL STREET ARTIST

"Before my [mastectomy], I told my girlfriend I'm never going to have a shirt on again. I paid \$6,000 for this—I'm going to take my shirt off."



**DANIEL E.**  
22, EMERGENCY SHELTER STAFF

"In college the school paper ran a story about me. I stopped going to class because of all the eyes on me. I didn't want to be an icon."



**BLAKE S.**  
26, DOCTOR OF PHYSICAL THERAPY

"When I transitioned, I finally saw a future in which my wife and I grow old together. I couldn't picture myself as an older woman."

a guy: a male body and male muscle mass also mean a male risk of heart disease and stroke, because the protective subcutaneous fat of women is gone. His hair will recede. He'll also take on characteristics that, as a female, he may have previously found annoying in the other sex—such as finding himself facing sudden, testosterone-laden urges to size up other men and even perhaps pick a fight. "A majority of our group has expressed a newfound desire to speak their minds, be more confrontational with hostile interactions, and to compete on a more physical level with those around them," says Smith, who adds that this is all normal guy behavior. And then there's the smell. Body odor, feet, sweat—an overwhelming dingy, locker room stench—that takes everyone by surprise. "Yeah, it was bad," says Cecilia, Smith's wife, laughing.

But any drawbacks are worth the feeling of testosterone charging through your veins, say the Momentum guys. "I began ripping the handles off of my closet door," says Levi Rollins, a 36-year-old employee at City Gym. "I kept breaking things. My body felt stronger overnight after that first shot of testosterone. I felt like a superhero."

In the end, the treatments affected all the men differently. While Rollins' voice plummeted immediately after the first injection, and he quickly sprouted a full beard, Tien lost a lot of weight, and—because he wasn't working out at the time—he ended up gaining it back, chiefly in his gut and face. Van Vleck, who previously looked like his mom, says he now looks exactly like his dad. Nothnagel says his sex drive exploded. "Pre-T, I was attracted to women, but more for their personality than their looks," he says. "After T, I found myself noticing women in a different, more 'masculine' way."

One pleasant side effect for all of them, however, was a boost in confidence. "Before transitioning, I would hold myself back from meeting new people," Nothnagel says. "They'd wonder, 'Is that a boy—or a butch lesbian?' I would get more stares than handshakes and hellos. After transitioning, I've never been so happy with myself, because this is who I am."



City Gym owner Hailee  
Bland-Walsh, who  
co-founded Momentum with  
Drew Smith.

#### 4) "BULKING UP AND GETTING RIPPED."

WHEN BLAND-WALSH CONCEIVED HER MOMENTUM WORKOUT, SHE opted to have her clients take their sets to only momentary muscular failure—that is, do as many reps as they can with good form and stop the set.. Because, while the testosterone gives the men muscle mass, it's forever attached to a female's smaller bone structure, wider hips, and more flexible tendons and ligaments—which means they have a stronger risk of injury when exercising. So it's safer to work within your limits. That's important for the Momentum guys because they tend to get excited after their first treatments and want to overdo it. "They read *bodybuilding.com* and hear tons of different info," says Bland-Walsh. "They all want to reduce body fat and gain muscle mass."

Each program is full-body and involves at least five exercises that are performed with a high level of effort. She uses female standards for body assessments for the men before they begin transition. Once the physical manifestations of testosterone begin to show, then Bland-Walsh switches them to the male standards. From there, she works the men the same way she works her women. "When you want women to join a class you say, 'Tone and lengthen.' When you want men to join your class you say, 'Bulk up and get ripped,'" she says. "But it's the exact same thing: Women tone and men get ripped because women don't have testosterone and men do."

The big five movements she relies on are seated leg presses, seated chest presses, lat pulldowns, seated rows, and overhead presses. Most of the workouts are tailored to the results she sees: the size, speed, and strength they are developing. "The results vary, depending on where the guys are in their treatments."

Their lives will be completely changed, says Smith. "These are now their bodies, and they're just here to work them out," he says. "Hailee's gym is one big home amid a hundred houses." ■







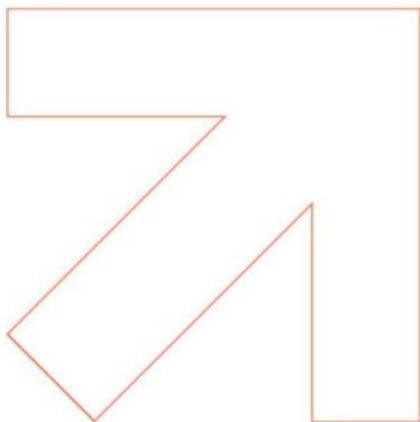


# Feast like a beast

Our easy, step-by-step, chef-and-sommelier-approved guide to surviving the biggest cheat meal of the year—the holiday smorgasbord—with your abs intact

By Nils Bernstein  
Photographs by Christopher Testani  
Food styling by Suzanne Lenzer





# Remembering to cut your dad's scotch with water.

Wearing that hideous sweater your aunt gave you. Using your black-belt-like conversational skills to supplant any “Hillary” or “Trump” talk with “Packers” and “Lions”...By the time the feast finally arrives—in all its fatty, wine-soaked glory—the last thing you want to do is sweat over calories. 🍷 But here's the grim reality: Roughly 75% of all the weight we gain over the course of the entire year we gain in November, December, and January, a 2013 study in the *European Journal of Clinical Medicine* found. “One naughty day of eating won't derail your health,” says Miranda Hamner, R.D., a registered dietitian based in New York City. “The problem is, the big meal commonly begins a cycle of terrible behavior that can lead to a week, a month, a season of poor eating.” 🍷 So why not set yourself on a better path from the get-go by, for example, boiling, not roasting, your ham to reduce fat? Opting for butter-free yet still-flavorful brussels sprouts? Or replacing those belly-bloating mashed potatoes with a great-tasting cauliflower mix? (No one will even notice—trust us, it's an editor's tried-and-true recipe!) With these gut-friendly twists on classic holiday plates—including three big centerpiece proteins and several sides—you won't have to surrender flavor to stay fit. And heads up: They make delicious leftovers, too.

## Seriously tasty turkey

■ When you're shopping, look for a bird labeled “pasture raised” and “organic,” because a turkey that's been raised without hormones, steroids, or antibiotics—and hasn't been injected with flavor-faking liquids—will taste better. When you prep it, season it with simply salt and pepper, not a slathering of oil or butter—it's important that the skin be completely dry when you put it in the oven.

MAKES: 12 SERVINGS

### INGREDIENTS

- 1 turkey (12 to 16 lbs)
- Salt and pepper

### INSTRUCTIONS

Preheat oven to 400°F. Place turkey, breast side down, on a rack in a large baking dish; rub salt and pepper over it. Cover with foil, poke holes in foil, and roast for 45 minutes. Turn breast side up; roast until an instant-read thermometer registers 160°F in the breast and 170°F in the thigh. Let rest for 30 minutes.

## Guaranteed guilt-free gravy

■ Let's face it: The most delicious item on the table gets a bum rap. Gravy is essentially just meat stock thickened with roux—a mix of butter and flour—with the bits from the roasting pan dumped in. Too often, though, it becomes a greasy, congealed mess from too much butter in the roux and pan drippings that are 90% fat and only 10% meaty flavor. Here's your solution: Boost the stock's flavor and cut out all the grossness by leaving the pan drippings out of it. Voilà: gravy that won't give you a heart attack.

MAKES: 12 SERVINGS

### INGREDIENTS

- 3 tbsp butter, separated
- 1 onion, chopped
- 1 garlic clove, minced
- 1 carrot, chopped
- 1 celery stalk, chopped
- Neck and giblets from turkey
- 4 cups good-quality low-sodium turkey or chicken stock
- 1 tbsp soy sauce
- 6 tbsp flour
- Salt and pepper

### INSTRUCTIONS

Melt 1 tbsp butter in a large saucepan over medium heat. Add onion, garlic, carrot, celery, neck, and giblets and cook, stirring occasionally, until evenly browned. Add stock and soy sauce, bring to a boil, then reduce heat, partly cover, and simmer for 1 hour. Strain; keep stock warm over low heat. In a large sauté pan over medium-low heat, melt 2 tbsp butter; add flour, whisking frequently, until it slowly turns deep brown and nutty-smelling. Slowly whisk in the warm stock, bring to a boil, then reduce heat and cook until thick and gravy-textured. Add salt and pepper to taste. (If there are lumps, just whiz the gravy in a blender.)

**Pick a turkey that's had the run of the pasture, because a bird raised without steroids is healthier and tastier.**

## Savory brussels sprouts with gremolata

■ Brussels sprouts seem saintly, but it's easy to pile on the bacon and cream. Instead, use this classic Italian relish to give your holiday plate some balance without unnecessary fat and sodium. Oven roasting gives an appealing crispness with less oil than pan-frying.

MAKES: 6 SERVINGS

### INGREDIENTS

- ½ cup minced parsley (preferably flat-leaf)
- 1 garlic clove, minced
- 2 tsp lemon zest
- Salt and pepper
- 1½ lbs brussels sprouts, ends trimmed, halved lengthwise
- 1 tbsp olive oil

### INSTRUCTIONS

Preheat oven to 425°F. For the gremolata, in a small bowl, mix parsley, garlic, and lemon zest; add salt and pepper to taste. In a large bowl, toss sprouts with olive oil; spread on a baking sheet in a single layer. Roast for 25 minutes, or until edges are browned. Toss warm sprouts with gremolata.

## And because you've earned it: weightless pumpkin pie

■ Simply ditching the crust means you can make that cherished recipe with no other health hacks needed. But, says Hamner: “Savor it, be satisfied, then get back to eating well and exercising the next day.”

MAKES: 8 SERVINGS

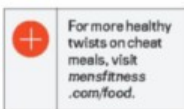
### INGREDIENTS

- 1 (15 oz) can pumpkin
- 1 (12 oz) can low-fat evaporated milk
- 2 eggs
- ½ cup brown sugar
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp salt
- ½ tsp baking powder


### INSTRUCTIONS

Preheat oven to 325°F. In a large bowl, whisk together pumpkin, milk, eggs, and sugar. In a smaller bowl, stir together the spices, salt, and baking powder, then whisk into the pumpkin mixture. Pour into a pie dish; bake for 50 to 60 minutes, or until a toothpick inserted in center comes out clean. Cool in refrigerator for at least 3 hours before serving.

Prop styling by Aislinn Turnbull for BRUMCONLON







**Ride the gravy train.** For a tasty, less fattening sauce, ditch the pan drippings.

**Can the crust.** You'll save time and a whole pumpkin patch worth of calories.

**Portion the plate.** Half veggies, half protein/starch, all good the next day.

**Break bread.** For stuffing, go easy on butter and use whole grains. (Full recipe at [mensfitness.com](http://mensfitness.com).)

**Make muscle sprouts.** Brussels sprouts are great for you—don't destroy them with bacon and cream.





## Make your red a Beaujolais. Bolder wines will overwhelm your food (and get you wasted).

### Better-than-Grandma's green bean casserole

■ The sensible thing to do? Serve steamed green beans in place of your grandmother's gloppy treat. But hey, the holidays aren't always about making sense. So if you're going with this odd but beloved dish, which involves fat-and-sodium-filled canned soup and french-fried onions, swap the soup for a from-scratch sauce and the fried onions for caramelized ones (or baked Lay's potato chips). "Green beans are loaded with fiber and vitamin C," says Hammer, "and should occupy a lot of the real estate on your plate."

MAKES: 8 SERVINGS

#### INGREDIENTS

- 1½ lbs fresh green beans, trimmed and halved crosswise
- 2 tbsp butter, separated
- 2 onions, peeled and thinly sliced
- Salt
- 8 oz mushrooms, chopped coarsely
- 1 onion, chopped coarsely
- 2 garlic cloves, minced
- 1 cup chicken stock
- 1 cup milk
- 3 tbsp flour

#### INSTRUCTIONS

Bring a pot of salted water to a boil, add green beans, cook for 5 minutes, then drain and cool. Melt 1 tbsp butter in a pan over medium heat, add sliced onions, salt lightly, and cook until onions are browned. Preheat oven to 400°F. In a large pan, add mushrooms, chopped onion, garlic, and 1 tsp salt; cook for 10 minutes over medium heat. In a separate saucepan, bring stock and milk to a simmer; add flour and cook, stirring constantly, for about 2 minutes. Add stock mixture to mushrooms; bring to a boil, stirring until thick. Put beans in a baking dish, add mushroom mixture, and top with the caramelized onions; cook for 15 minutes.



#### SOMMELIER TIP Binge Away on Muscadet and Beaujolais



Courtesy of Jason Wagner, beverage director at Fung Tu in New York City

■ Many wines are naturally low in alcohol, which means they have fewer calories than the heavy, boozy red Zinfandels and cabernets so often served with winter meals. "Wines from Beaujolais and the Loire Valley of France are lower in alcohol and higher in acidity; and not only do they have fewer calories, they're also more versatile, so they go with a wider array of foods," says Wagner. For red, look for a Beaujolais that's labeled "cru Beaujolais"—meaning it's from the best vineyards; and for white, grab a muscadet. "Big, bold wines can overwhelm some dishes and get you drunk faster," Wagner says. "But these wines can be consumed in greater quantity without getting you wasted—and they're a great counterpoint to rich holiday dishes."

### The luscious leg of lamb

■ Who says you can't bust out your grill for the holidays? Not only is your backyard smoker perfect for firing a hearty leg of lamb, it'll also free up your oven for side dishes. But to do it right, be sure to have the lamb butterflied, or cut in such a way that it "unfolds" to a uniform thickness. (Your butcher can do this easily for you.) And while most marinade recipes for lamb contain tons of olive oil, opt for ours, which cuts it out completely. That makes for pure protein flavor and about 1,000 fewer calories. You're welcome.

MAKES: 12 SERVINGS

#### INGREDIENTS

- 2 lemons
- 2 tbsp fresh rosemary
- 8 garlic cloves, peeled
- 1 tbsp salt
- 1 boneless leg of lamb, about 6 lbs, butterflied

#### INSTRUCTIONS

In a food processor, puree lemons—skin and all—with rosemary, garlic, and salt to a paste. Rub the paste into the lamb and let sit in the refrigerator for at least 6 hours, preferably overnight. Heat a charcoal or gas grill to a medium-high temperature. Laying the lamb flat, grill until an instant-read thermometer inserted into the thickest part reads 125°F—about 15 minutes per side—then remove to a platter. (Alternately, roast the lamb uncovered in a 425°F oven for about 45 minutes.) Loosely cover with foil and let rest for 20 minutes.

### Wildly good whipped sweet potatoes

■ Sweet potatoes are already decadently sweet and silky, so that popular topping of mini marshmallows and brown sugar? Serious overkill, dude. "Instead, add fruit for more natural sweetness," says Hammer. "You'll get added nutritional mileage from the fruit, avoid processed sugar, and gain extra vitamins, minerals, and fiber." We recommend going with bananas, to boost both the sweetness and the creaminess, and apples, whose natural acidity will brighten the sweet potatoes' naturally deep flavor.

MAKES: 8 SERVINGS

#### INGREDIENTS

- 2 lbs sweet potatoes, pricked with a fork
- 2 ripe bananas
- 1 cup all-natural applesauce
- ¼ cup honey
- 1 tsp ground cinnamon
- Salt and pepper
- Sugar

#### INSTRUCTIONS

Preheat oven to 375°F. Roast potatoes on a rimmed baking sheet for 40 minutes, then add bananas (with peel on) and cook for another 15 minutes. When potatoes cool, split lengthwise and scoop the flesh into a bowl; peel bananas and add with applesauce, honey, and cinnamon, then season with salt, pepper, and sugar to taste. Mash well with a potato masher, or whip with an electric beater. Transfer mixture into a buttered baking dish; bake for 30 minutes, or until heated through.

#### SERVING TIP The Perfect Amount of Portion Control



Courtesy of Miranda Hammer, registered dietitian in New York City

■ Really want to survive the holiday meal with your abs intact? Follow Hammer's most crucial piece of advice. When composing your plate (which should be nine inches or less in diameter), fill half of it with vegetables, a quarter with the protein, and a quarter with starch (sweet potatoes, mashed potatoes, gravy). This is an easy way to guarantee less fat and carbs and more fiber. Also: It wouldn't hurt to hit the gym beforehand, too.





**Break out the grill.** When cooking lamb, avoid the biggest source of unnecessary calories: oil-thick marinades.



**Why puff up?** Bottom line, sweet potatoes don't need marshmallows.



**Green light.** Do a green bean casserole—but swap the soup for a from-scratch sauce and caramelize the onions.







**For Southern-style corn bread, sub in honey for sugar and yogurt for milk and butter—it's hearty and healthy.**

## Spicy, healthy ham

■ Truth is, ham is a pretty lean, healthy meat. (Don't believe us? See page 26.) It's the salty cure, layers of skin and fat, and, usually, sticky-sweet glaze that ruin it. But if you boil the ham rather than roast it, you'll cut much of the salt and fat but keep it as moist and tasty as ever. And instead of lathering on a sugary honey-baked glaze, we recommend this thin coat of spicy Sriracha—balanced with honey—which will deliver a delicious, more complex punch to the already-rich meat.

MAKES: 12 SERVINGS

### INGREDIENTS

- ¾ cup honey
- 3 tbsp Sriracha sauce
- 1 tbsp soy sauce
- Juice of ½ lime
- 1 "City ham" (5 to 7 lbs.; wet-cured and smoked, as opposed to dry-cured, prosciutto-like "country ham")

### INSTRUCTIONS

In a small bowl, mix together honey, Sriracha, soy sauce, and lime juice; set aside. Place ham in a stockpot; add water to cover. Bring to a boil, then discard and replace the water and bring to a boil again. Reduce heat; simmer for 15 minutes per pound. Drain and remove the skin and external fat. Preheat oven to 375°F. Place ham in a shallow baking dish, brush with the glaze, and bake for 30 minutes. Let rest for 20 minutes.

## Mouth-watering mashed potato flower

■ One cup of regular mashed potatoes has 240 calories, 9 grams of fat, and 35 grams of carbs. Thankfully, when you're pureeing the potatoes, you can cut it in half with cauliflower and no one will know the difference. Plus, "cauliflower is rich in antioxidants and vitamins C and K," Hammer says. It retains the richness of the potato while giving a lighter texture and more complex flavor. (For bonus flavor: Try it with a few carrots or turnips as well.)

MAKES: 6 SERVINGS

### INGREDIENTS

- 1 lb potatoes (russet or Yukon Gold), scrubbed, peeled if desired, and quartered
- ½ head cauliflower, core removed and chopped coarsely
- 2 tsp olive oil
- ¼ cup Greek yogurt
- Salt and pepper

### INSTRUCTIONS

Place potatoes in a large saucepan; cover with water by 3 inches. Bring to a boil. When potatoes are almost tender (a butter knife can almost but not quite go through them easily), add cauliflower; cook another 10 minutes, or until the potatoes and cauliflower crush easily with the back of a spoon. Drain, return to the pot, and mash well with a potato masher. Stir in olive oil and yogurt; add salt and pepper to taste.



**Boil your ham.** Because baking it retains fats. And slather it in Sriracha and honey.

**Cut your mash.** Add cauliflower to your potatoes. (Really. You won't even notice.)



**Spread it.** Cranberry mayo is more nutritious than Hellman's—and a little more aristocratic, too.

### CHEF TIP!

## The Coolest Condiment You've Never Heard Of

Courtesy of Jeremy Glover, chef at Ceia Kitchen + Bar in Newburyport, MA

■ Glover, a farmer in addition to being one of the Northeast's most talked-about chefs, swears by cranberry mayo, a hugely versatile but largely unknown condiment that can be easily made by mixing one part leftover cranberry sauce (whole or the jellied variety) with two parts mayo and a dash of Dijon mustard. Loaded with vitamin C, it's healthier than plain old mayo and great for schmearing on rye bread with turkey and stuffing, making a leftover turkey or potato salad, or using as a dip with turkey skin as the (carb-free) chips.

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# Ask Men's Fitness

There's going to be lots of, uh, celebrating this month. Is the saying "Beer before liquor, never sicker; liquor before beer, never fear" actually true?

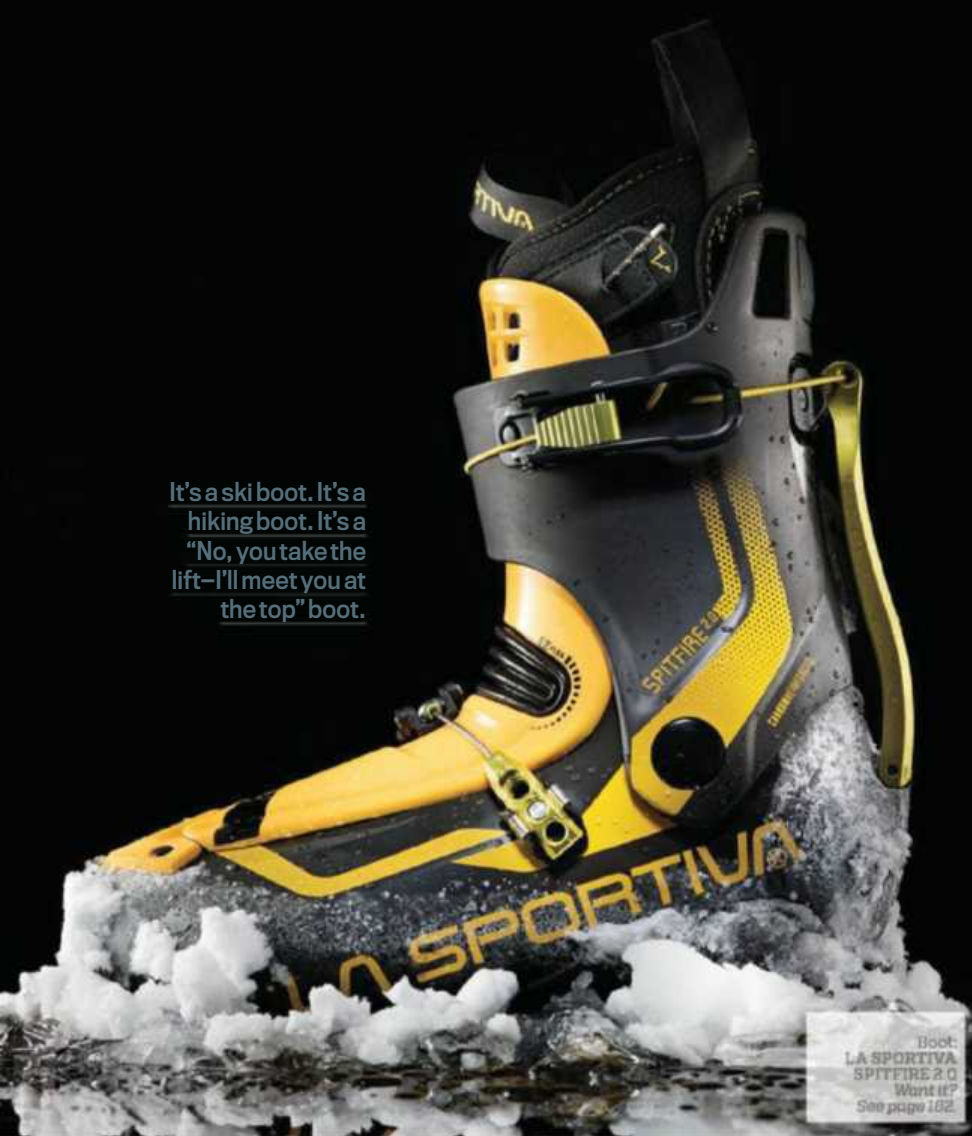
TONY T., LIMA, OH

**F** Funny, we've always heard it as "Beer before whiskey, always risky..." But the bottom line is, it's not true—at least technically. ¶ "Ethanol is ethanol," says Brian St. Pierre of Precision Nutrition. "The amount of alcohol you drink matters more than the type, or the order you drink it in." ¶ So what would account for the saying being

popular as far away as the Netherlands ("*Bier op wijn brengt venijn, wijn op bier brengt versiel*")? ¶ "It's likely more psychological in nature," St. Pierre says. "Most people's first few drinks are the slowest to go down. Then, once they're slightly inebriated, they drink faster. This is where order can be a problem. Liquor has a far greater alcohol content than beer, so if you start with beer when you're stone-cold sober, become mildly intoxicated, then switch to liquor and drink that faster, you could theoretically consume more alcohol in less time, thus leading to increased amounts of sickness." ¶ On the other hand, if you drink your liquor first—and therefore, more slowly—then switch to beer, it's the less-dangerous booze you'll be guzzling and you'll be less likely to get sick. ¶ Oh, the trouble that could've saved us back in college.

**Beer before liquor, never sicker; liquor before beer, you may be OK but don't count on it.**





It's a ski boot. It's a hiking boot. It's a "No, you take the lift—I'll meet you at the top" boot.

**I've heard alpine touring is fun and a great workout. So what the hell is it, how do I do it, and what do I have to buy?**

ANDY M., RENO, NV



If you've ever felt like saying, "Screw the ski lift, I want to walk up!" then alpine touring, or AT, is for you. ¶ Also called "skimo" and "randonee" (from the French for "hiking"), AT involves climbing up a hill—skis on—then skiing back down. ¶ "For the ascent, you attach 'skins' to your skis for traction and climb using a motion somewhere between hiking and Nordic skiing," says author/endurance athlete Travis Macy. At the top, you remove the skins before skiing back down. ¶ To do AT, you'll need skis with special bindings (so you can attach just the toe of the boot—not the heel—to the ski for hiking, then clip the heel in again for skiing) and light, flexible, highly specialized boots. ¶ To give AT a try, Macy says, "first watch online videos showing climbing form and the transitions between climbs and descents. Then start training in controlled conditions, always away from downhill traffic."

## SHORTY THE BARBER

ENLIGHTENED  
ADVICE FROM  
GROOMING EXPERT  
SHORTY MANIACE

**I have short hair, which I'd like to grow long and maybe wear in a ponytail, either pulling it all back or just the top. Is that a good idea? And how do I do it without looking messy and shaggy for months?**

PETER R., BOISE, ID

■ No, I don't think the ponytail is a good idea. What's the point of having long hair if you're going to pull it back all the time? And the whole top-of-the-head man bun thing is sloppy. There's nothing becoming about it. I don't know if guys do it to portray a sensitive side, but it's the dumbest fucking look I've seen. I'd rather cut a mullet than a man bun.

But if you want

to, sure, grow it out. Cut the sides and the back short and leave the top, blending it in. When it hits your ears, it's going to annoy the fuck out of you. Then comes the last stage, when it gets in your ears and eyes. After that it starts looking like a bob, a girl's cut. Most of these stages suck—you'll just have to grin and bear it.

When you get your long hair, leave it down—and definitely don't use a rubber band or you'll have breakage. You got long hair, let it flow!

Shorty Maniace is the proprietor of J.P. Kemp Barber & Social in San Francisco. Send your questions to [askshorty@mensfitness.com](mailto:askshorty@mensfitness.com).



**Is there an actual "best" approach to winning rock-paper-scissors?**

MARC G., NEW YORK, NY

■ Yup: Throw paper. "Scissors is the least popular choice, and men favor rock," so paper's best in a one-shot match, says William Poundstone (the irony of whose name is not lost on us) in his book *How to Predict the Unpredictable*.

**As usual!** Women throw scissors, men throw rock, the paper's all over it.



But don't bet your house on it, says Douglas Walker of the World Rock Paper Scissors Society (it's a real thing!), co-author of *The Official Rock Paper Scissors Strategy Guide*.

"Aggressive males tend to open with and overuse rock, so paper's a smart move," he says. "But there's no one method for winning all bouts of RPS, because any string of throws has an obvious counter-strategy."

There are ways to improve your odds, though, Walker says, such as keeping in mind that scissors is women's favorite opener, and few players will repeat the same throw more than three times.

Good luck!

Prop styling by Brian Byrne; Shana Novak/Getty

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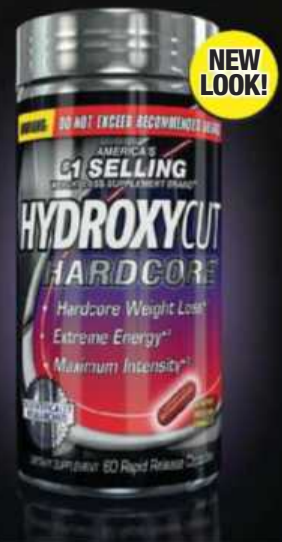
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**What's the proper protocol regarding mistletoe at holiday parties? I don't want to make a fool of myself. Are there any "rules"?**

JOSEPH W., CRANSTON, RI

■ Well, if it's an office party, the first one would have to be: Unless you want to be doing the "This is your first warning..." tango with Tonya the HR fem-bot, it's best to keep your lips zipped and your hands in your pockets, mistletoe or no.

"This isn't the time to slide up on someone and sneak in a kiss," says etiquette expert Elaine Swann. But, she says, it can still be a chance to get closer to your office crush. "A holiday office party gives you the opportunity to open up the floor for conversation—maybe even offer a tiny gift—but it's not the time to make an over-the-top move."

But if it's a non-office holiday party, we say: Go for it! Though some decorum's always in order, so we got these helpful tips from *Men's Fitness* female staffers:

- Bring your own mistletoe and hold it over your head and girls will swipe you left on sight.
- Imagine the area under the mistletoe as having a shot clock: If you don't score fast, you get out of the zone.
- Open-mouth kissing is by invitation only. *Wait for the invitation.*
- Best come-on for an under-the-mistletoe kiss: a flirty smile. Worst: a \$5 bill.



**Hot but not bothered.** Red cars attract a lot of attention—but, fortunately, not from cops.

**I know dealers sell cars cheaper in December to meet annual sales goals, so I'm planning to take one off their hands. I'd like to get it in red, but I hear that costs the most to insure and is ticketed like crazy. Should I do it anyway?**

JAY R., MIAMI, FL

**F**

First off, you're right about December being a great time to save on a car. The year-end push to reach goals and get commissions can be powerful motivation to make sure you don't leave the showroom without a set of keys in your hand. Two quick tips: Shop close to closing time—when a salesperson might make concessions to seal a deal—and as late as possible in the month, when the countdown clock is ticking the loudest. ¶ As for stories about red cars being

ticket magnets and insurance sinkholes (which 44% of car buyers seem to believe, according to a study by *insurancequotes.com*), they're nothing more than urban myths without a shred of data to back them up, says Axalta Coating Systems' Nancy Lockhart. So you're safe on both counts. ¶ And if you're still hesitant, you'll be happy to hear that red's not the color of car that's stolen most often, either—that honor goes to silver, then white, black, gold, and green, the most recent stats from CCC Information Services show. (Least stolen: turquoise. Who knew?) "In the end, if fast and furious is your personality, buy red," Lockhart says. Just try not to drive that way—why tempt fate?

**I'm an atheist, but when I go home for the big Christmas dinner, I pretend to say grace so I don't upset my family. Am I being a hypocrite?**

JOHN B., DAYTON, OH

■ "If bowing your head for a moment of silence while others pray brings peace and makes your family happy, your family happy, you're far from a hypocrite," says Allie Jackson, a blogger at *atheistrepublik.com*. In short, don't ruin the holiday for

everyone. And if you have to say grace out loud, the same principle applies: You don't believe in a god, but that doesn't mean you can't give thanks in a way your religious family appreciates. Hitting the perfect balance between being respectful to your family and staying true to yourself is tough, "but opt for peace when you can," Jackson says.

"Remember, it's only for one day."

**Strong-arm tactics.** Using too much weight, moving the weight too fast, or both, can thwart your big-arm plans.



**I've done barbell curls for years, but my arms don't seem to be growing. What am I doing wrong?**

SEAN H., LOS ANGELES, CA

■ "Use less weight and a slow, steady tempo," says strength and conditioning coach Tony Bonvechio, of Cressey Sports Performance in Hudson, MA.

"Squeeze your biceps as hard as possible at the top, and lower down over the course of

four seconds." Go right into the next rep—and stop one rep shy of failure each set. This keeps constant tension on the muscles and induces the fatigue you need to signal muscle growth.

For variety, try EZ-bar preacher curls, which are done with stricter form, and dumbbell curls, which let you rotate your wrists outward at the top of each rep for a fuller contraction.

Car: Christopher Griffith/Trunk Archive; Workout: James Mitchell/Editor

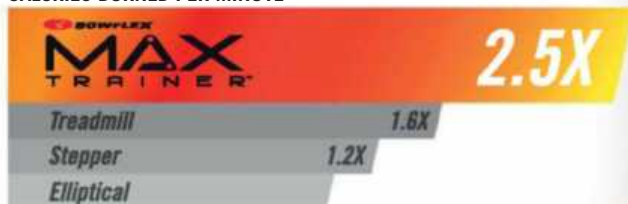


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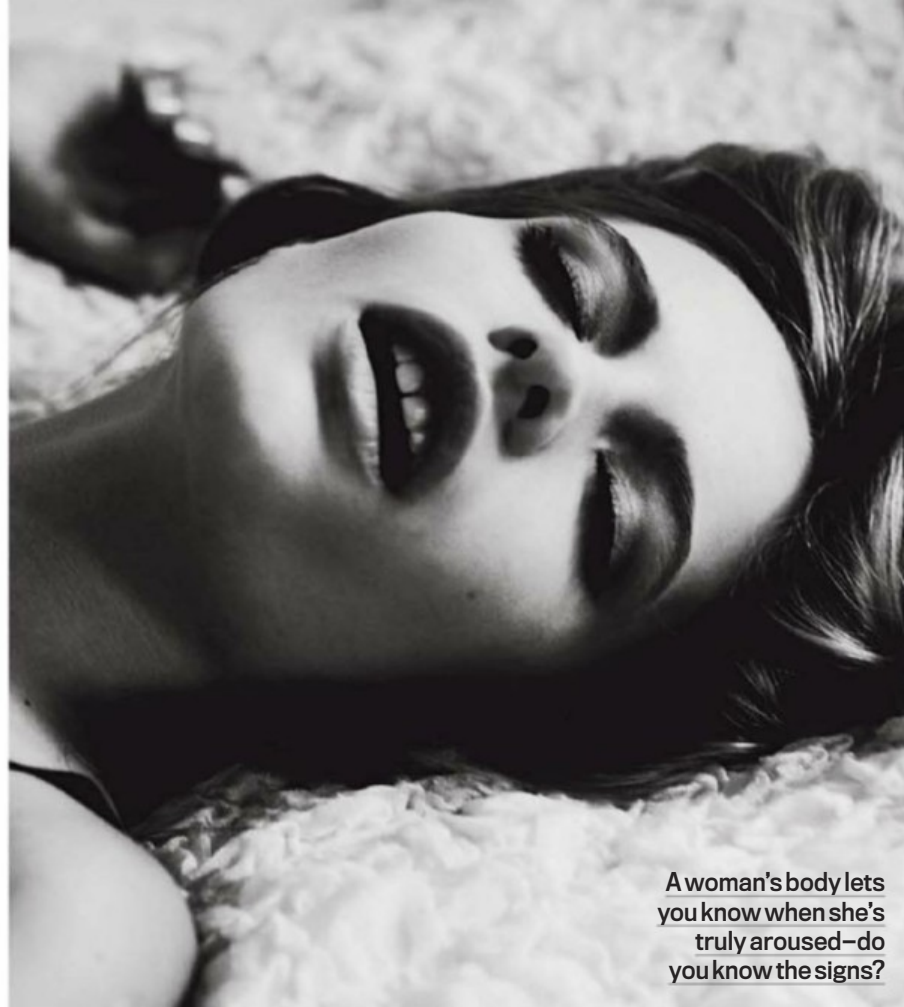


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**A woman's body lets you know when she's truly aroused—do you know the signs?**

## Is there a way to tell if my girlfriend is faking her orgasms?

MARK P., AUSTIN, TX

**M** My gut response is, if you have to ask, she may be faking. I don't know anyone who fakes orgasms—but then, I'm a New Yorker, and we're a pretty direct breed! ¶ But according to sex expert Tammy Nelson, M.D., 70–80% of women do fake orgasms (though how could anyone conduct an accurate study if the control group is composed of orgasm-faking liars?!). Anyway, apparently you have a right to be concerned. So many women fake it, says Nelson, “because they're afraid or don't know how to tell their partners what they need to achieve a real orgasm. Most women need direct clitoral stimulation for anywhere from seven to 45 minutes, and unless she gives you hints—sighs, moans, ‘Ooh, yes!’—you won't know if you're even in the ballpark.” ¶ But there's a way you may be able to tell if you're close, Nelson says: “When a woman's aroused, blood engorges her vulva, her vaginal lips swell, she lubricates, and when she orgasms her vagina pulsates.” (Or if it's Siri, she buzzes like it's an incoming text.) ¶ That being said, Orgasm Hunter, you could also look to her personality: Is she very accommodating in general? A people pleaser? Are her eyelashes real? If she fakes a lot, that may be a clue. ¶ And if you still can't tell, you can always just ask her.

## SEX FILES

FRANK, FUNNY JENA FRIEDMAN ANSWERS YOUR MOST INTIMATE QUESTIONS—NO-HOLDS-BARRIED

**I'd like to try Viagra for fun—but is it safe for a young, healthy guy? I saw a celebrity talk about it on *The Tonight Show* a while back, and it sounded exciting.**

ANDY S., EVANSTON, IL

■ Hm, I tend to shy away from using pharmaceuticals recreationally, so I asked sex therapist Michael Aaron, Ph.D., to weigh in:

“Viagra was only approved in '98, so there haven't been enough studies to test its long-term safety,” he says. “But short term—as long as you're not on meds like nitrates—it seems to have few side effects, headache being the most common.”

Now for the fun part: “Anecdotally,” he says, “it's not unusual for younger guys to use Viagra recreationally, since it can bring fuller, stronger erections—

though that may also mean a little less sensitivity. Also, it won't get you aroused till you're feeling aroused—i.e., it's not going to pop you an erection when you're stuck in traffic. But it gives you a nice ‘pump’ of feeling thicker and fuller, so you may feel more ready to ‘rise to the occasion.’”

Thanks, doc. And I'd also say maybe don't get sex advice from talk shows (though Seth Meyers is probably OK).

**Is it OK to “poke” my girl awake—you know, start having sex with her when she's still sleeping?**

LANCE T., MARS, PA

■ I'd ask her first. If she says yes, then get it in writing, too. Sorry to be a buzzkill, but I have a friend who got date-raped that way, so my motto is, “If it's asleep, don't fuck it.”

**What can I say to a woman during sex to really turn her on?**

JOHN R., WESTCHESTER, NY

■ In terms of pillow talk, context is key. For example, is she a one-night stand? A third date? A girlfriend you'd like to spice things up with?

With a woman you don't know well but want to see again, I'd err on the side of caution. Steer away from anything too vulgar, unless she initiates it. Nothing's less sexy than hearing the word “cock” come out of the mouth of a guy you're just getting to know—makes him seem like he's too into porn.

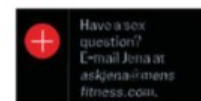
Start with something like, “You're beautiful.” Ugh, I just got cheese chills writing that, but lots of women *do* like it. If you're feeling ballsy, add, “...even more beautiful than

my ex—who died in a plane crash.” Is that too dark? It'll totally get her going, especially if it's true!

Or consider this: One of the sexiest things a guy ever said to me was during foreplay, and by foreplay I just mean a moment we weren't in bed. I was upset about a rough stand-up show I'd just come off, so he pulled me close and whispered, “You were brilliant

up there, don't let those assholes get you down.” That was a bigger turn-on than anything else he could have said between the sheets.

So you can't lose by saying you genuinely support her—and maybe that she's prettier than your dead ex. Hope that helps.



From the top: Michael Donovan/thellcensalproject.com; Seth Olenick



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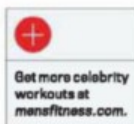
# The Body Book

MICHAEL B.  
JORDAN  
CARRIES ON THE  
TRADITION OF  
ROCKY  
RIPPEDNESS  
IN CREED.

## Step Out of the Shadow

■ Maybe you didn't get in the shape you hoped to in 2015—but it's not over yet. There's still time to achieve a goal or two, like setting a new bench press PR (see page 148 for how to do it) or dropping fat in four weeks (page 136). Need more inspiration? Flip to the workout (page 134) that got Michael B. Jordan the Rocky-ready body he needed to star as Apollo Creed's son, Adonis, in the new, much-anticipated film *Creed*. And trust us on this: If Jordan's physique can match muscle-for-muscle what Sly Stallone and Carl "Apollo" Weathers brought to the screen, so can yours!

Grooming by Carola Gonzalez/Forward Artists using Kiehl's



PETER YANG



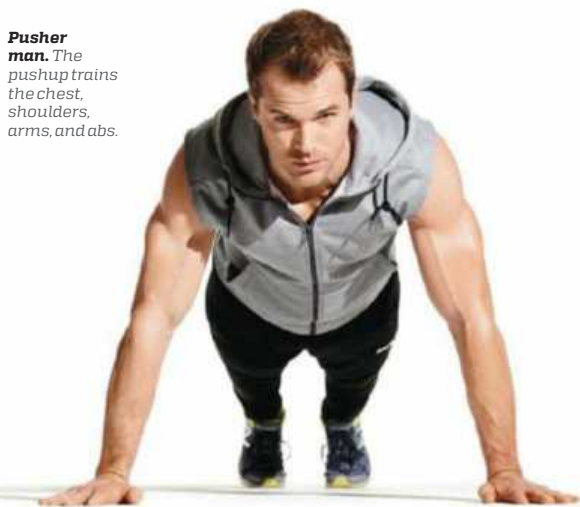
# Get the body of Adonis

This routine earned Michael B. Jordan the body of a Greek god for the upcoming *Creed*—and it can do the same for you

By Sean Hyson, C.S.C.S.  
Photographs by James Michelfelder

The movie *Creed*, out Thanksgiving, is about stepping out of someone else's shadow to create your own legacy. In the case of Michael B. Jordan, who plays Adonis Creed, son of Rocky Balboa's chief rival turned pal, the task was living up to not only the iconic physique of actor Carl Weathers, who played Apollo Creed in four *Rocky* films, but also the astronomical expectations of fans hungry for a follow-up to one of the most successful action franchises of all time. Here's an excerpt of the routine that turned him—and can turn you—into an Adonis.

**Pusher man.** The pushup trains the chest, shoulders, arms, and abs.



**Big dipper.** Don't dip lower than where your upper arms are parallel to the floor.



## How It Works

Jordan's trainer, Corey Calliet ([callietfitness.com](http://callietfitness.com)), needed to build both the actor's muscles and his work capacity so that he not only looked like a boxer of championship lineage but moved like one, too. "The training was pulled from the fundamentals of athletic conditioning, as well as from bodybuilding," says Calliet. The sessions combine cardio and circuit training to melt fat off the abs while tightening them, and each muscle group is trained with volume for a maximum pump. The result is a look that would have made the late, elder Creed proud.

## Directions

The program consists of four workout days. Day 1 appears here, and you can find the rest of the workouts on [mensfitness.com/creed](http://mensfitness.com/creed) (along with the ab circuit that finishes Day 1). Perform the exercises as straight sets, completing all sets for one lift before moving to the next. Rest as little as possible between sets and the exercises.

For video demos of the program, go to [mensfitness.com/creed](http://mensfitness.com/creed).

## DAY 1: CHEST, TRICEPS, ABS

### 1 TREADMILL RUN

Run one mile at a moderate pace to warm up.

### 2 INCLINE DUMBBELL PRESS

Sets: 3 Reps: 12

Set a bench to a 30- to 45-degree angle and lie back against it with a dumbbell in each hand at shoulder level. Press the dumbbells over your chest.

### 3 DUMBBELL FLYE

Sets: 3 Reps: 12

Lie back on a bench with a dumbbell in each hand. Press the weights over your chest and spread your arms apart as if you're reaching to give someone a bear hug. Lower the weights until you feel a stretch in your pecs and then bring your arms together in front of you again, squeezing your pecs.

### 4 PUSHUP

Sets: 10 Reps: 10 to 1

Place your hands shoulder-width apart on the floor and extend your legs straight behind you. Brace your core. Pull your shoulder blades together and lower your body until your chest is an inch above the floor and then press up. Do 10 reps your first set, then nine on the second set, and so on down to one rep.

### 5 DUMBBELL KICKBACK

Sets: 3 Reps: 15

Hold a dumbbell in each hand and bend your hips back until your torso is parallel to the floor. Keep your lower back flat. Bend your elbows and tuck your upper arms to your sides. From there, extend your elbows and raise the weights behind you, squeezing your triceps.

### 6 TRICEPS PUSHDOWN

Sets: 2 Reps: 20

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Tuck your elbows to your sides and extend them to lockout.

### 7 BENCH DIP

Sets: 10 Reps: 10 to 1

Stand perpendicular to a bench and rest your palms on it behind you. Rest your feet on the floor in front of you. Suspend your body over the bench and lower your body until your upper arms are parallel to the floor. Perform 10 reps your first set, then nine on the second set, and so on down to one rep.

**Jordan's workout combines conditioning and bodybuilding.**



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# Train your legs, show off your abs

The key to rapid, core-revealing fat loss? Working your lower body every single session.

By Ben Bruno

Photographs by James Michelfelder

Leg training hurts. It's difficult, it burns, and it leaves you gasping for air—which is why it's so effective for losing fat. Most guys in search of leanness will work their pecs from every angle, pedal a bike, or go for a run, then tell themselves they've done their lower-body training. **†** And that's why they don't see results. **†** Stop wimping out and stay lean through the holidays with this: a four-day, full-body split that turns your legs into a body-fat furnace.

## How It Works

The legs have the body's biggest muscles, and big muscles burn a lot of calories, including when they're recovering from a workout. That means they help you get lean on days you don't even train. But you have to challenge them. Tough exercises like deadlifts, squats, and stepups tax the heart and the lungs as much as any type of cardio—so, assuming your nutrition is on point, you don't have to do any endurance work to get lean. You don't have to work your pecs from every angle, either—but don't worry, there's upper-body training in the program as well.

## Directions

Perform each workout (Day I, II, III, and IV) once per week. Exercises marked "A," "B," and "C" are done in sequence, and there are two groups of these sequences in each workout. You'll do one set of A, rest as needed, then one set of B, rest, and then C, rest, and repeat until all sets are complete for the group.



## DAY I

### 1A TRAP-BAR DEADLIFT

Sets: 4 Reps: 8

Use a trap bar (hex bar) and stand with feet hip width. Bend your hips back and grasp the handles. Keeping your lower back in its natural arch, drive through your heels to stand up straight and extend your hips and knees.

Grasp the handles in the middle so the bar doesn't tip forward or backward as you lift.

### 1B PUSHUP

Sets: 4 Reps: 12

Place your hands shoulder-width apart on the floor and extend your legs straight behind you. Brace your core. Lower your body until your chest is about an inch above the floor and then press back up.



### 1C BAND PULL-APART

Sets: 4 Reps: 20

Hold a band with hands shoulder-width apart and arms extended in front of you. Pull the band apart until your arms are out 90 degrees to your sides. Squeeze your shoulder blades together as you pull.

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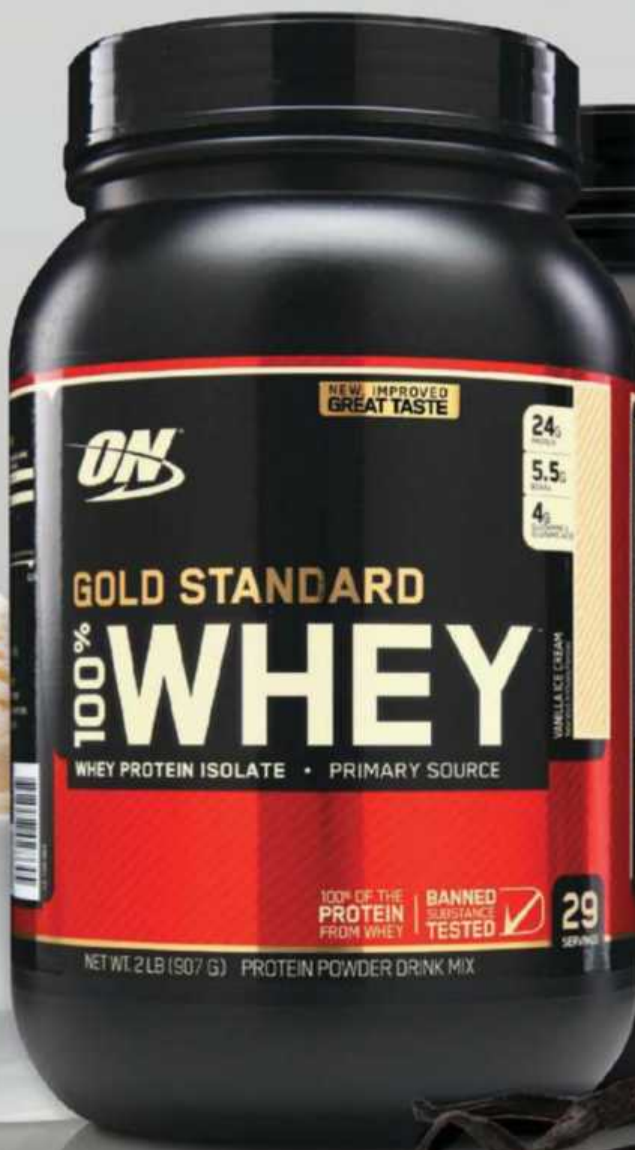
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**2A**  
**CHINUP****Sets: 3 Reps: As many as possible**

Hang from a chinup bar with hands shoulder-width apart and palms facing you. Pull yourself up until your chin is over the bar.

**2B**  
**SINGLE-LEG RDL****Sets: 3 Reps: 12**

Hold a dumbbell in one hand in front of you and balance on the opposite leg. Bend your hips back and lower your body until you feel a stretch in your hamstrings. Allow your knee to bend as needed and keep your lower back in its natural arch.

**2C** ▽  
**BARBELL HIP THRUST****Sets: 3 Reps: 12**

Sit on the floor and roll a loaded barbell into your lap. (You may need to wrap it in a towel or use a bar pad for comfort.) Lie back against a bench, bend your knees, and plant your feet on the floor. Brace your abs and drive through your heels so you raise your hips off the floor to full extension.

**Training your glutes will help your posture and strengthen your lifts.**

**DAY II****1A**  
**BENCH PRESS****Sets: 4 Reps: 5**

Lie back on a bench and grasp the bar with hands just outside shoulder width. Arch your back and tighten your glutes and abs. Plant your feet firmly. Pull the bar out of the rack and lower it to your sternum. Push your feet into the floor as you press the bar back up.

**1B**  
**CHEST-SUPPORTED ROW****Sets: 4 Reps: 12**

Set an adjustable bench to a 45-degree angle and lie down with your chest against it and a dumbbell in each hand. Squeeze your shoulder blades together as you row the weights to your sides.

**1C**  
**LOW STEPUP****Sets: 3 Reps: 15 (each leg)**

Place a 12- to 14-inch box on the floor and stand behind it with a dumbbell in each hand. Raise one leg and place your foot on the box. Drive through your heel to raise your body onto the box, but don't let the trailing leg rest. Step down and repeat. Complete your reps and switch legs.

**2A** ▽  
**LANDMINE PRESS****Sets: 3 Reps: 12 (each side)**

Wedge the end of a barbell into a corner, or load it into a landmine station. Load the opposite end with weight and grasp it toward the end of the sleeve with your left hand. Stagger your stance so your right foot is in front and press the bar overhead.

**2B** ▽  
**LANDMINE ROW****Sets: 3 Reps: 12 (each side)**

Use the same setup as the landmine press. Roll a bench up to the end of the bar so it's perpendicular to the bar. Kneel on the bench and rest the same side hand on it for support. Grasp sleeve of bar with your palm down and row the bar to your side.

**2C**  
**SWISS BALL LEG CURL****Sets: 3 Reps: 12**

Lie on your back on the floor and extend your legs, resting your heels on a Swiss ball. Brace your abs and drive through your heels to bridge your hips up. Now bend your knees and roll the ball in toward your butt. Extend your knees again and begin the next rep.



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DAY III

**1A ▷  
FRONT  
SQUAT****Sets: 4 Reps: 10**

Grasp the bar with hands at shoulder width and raise your elbows until your upper arms are parallel to the floor. Take the bar out of the rack and let it rest on your fingertips. Step back and set your feet at shoulder width with toes turned slightly out. Squat as low as you can without losing the arch in your lower back.

**1B  
LATERAL  
RAISE****Sets: 4 Reps: 10**

Hold a dumbbell in each hand at your sides. Raise the weights up and out 90 degrees, keeping a slight bend in elbows.

**1C  
CHEST-  
SUPPORTED  
REVERSE  
FLYE****Sets: 3 Reps: 12**

Set up as you did for the chest-supported row but use light weights and raise your arms out 90 degrees to your sides. Squeeze your shoulder blades together at the top.

**2A ▽  
ROMANIAN  
DEADLIFT****Sets: 4 Reps: 10**

Hold a barbell with a shoulder-width grip. Bend your hips back as far as you can. Allow your knees to bend as needed while you lower the bar along your shins until you feel a stretch in your hamstrings. Keep your lower back arched.

**2B  
DUMBBELL  
ROW****Sets: 3 Reps: 15  
(each side)**

Hold a dumbbell in one hand and rest the opposite arm and knee on a bench. Pull the weight up to the outside of your hip and lower it until you feel a stretch in your lat.

**2C  
SIDE PLANK****Sets: 3 Reps: Hold  
30 sec. (each side)**

Lie on your side, supporting yourself on your forearm. Bridge your hips up and hold your body in a straight line with abs braced.

Push your hips back as if you were trying to touch your butt to the wall behind you.



DAY IV

## 1A▷ INCLINE DUMBBELL PRESS

Sets: 4 Reps: 8

Set an adjustable bench to a 30- to 45-degree angle and lie back against it with a dumbbell in each hand at shoulder level. Press the dumbbells over your chest.



## 1B INVERTED ROW

Sets: 4 Reps: 12

Set a bar in a rack at hip level and hang from it with your legs extended in front of you. Pull yourself up until your back is fully contracted.

## 1C WALKING LUNGE

Sets: 3 Reps: 15  
(each leg)

Hold a dumbbell in each hand by your sides. Step forward with one leg and lower your body until your front thigh is parallel to the floor and your rear knee is just above the floor. Push off your front foot and step forward with the other foot and lunge again.



## 2A SEATED OVERHEAD DUMBBELL PRESS

Sets: 4 Reps: 8

Sit on a bench with a backrest and hold a dumbbell in each hand at shoulder level. Press the weights straight overhead.

## 2B LAT PULLDOWN

Sets: 3 Reps: 12

Secure your knees under the pad of a lat-pull-down station, reach up, and grasp the handle outside shoulder width. Pull the handle down to your collarbone, squeezing your shoulder blades together as you pull.



## 2C SINGLE-LEG HIP THRUST

Sets: 3 Reps: 10  
(each leg)

Set up as you did for the barbell hip thrust but without the barbell. Raise one leg off the floor and extend it in front of you and have the other planted close to your butt. Brace your abs and drive through your heel to raise your hips up until they're level with the floor.

If you hate cardio, train legs in every workout. You'll burn more calories each session and during recovery.

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Want it? See page 162.



# The iron shake

A man looking to drop fat needs a meal-replacement with muscle

By Joy Ronson

When women want to lose weight, they drink those dainty liquids that come in a pink can. Men are supposed to whip up a protein shake and down it in one gulp. But the meal-replacement supplement market is changing, and one brand—SlimFast—may have the best option yet for men who want to shed their gut (and keep it off). And, fortunately, it doesn't come in pink.

**M**

Meal-replacement drinks

used to be simply this: a low-calorie protein or fiber-rich beverage that filled you up to prevent overeating—in effect “replacing” a whole-food meal when you don't have time to prepare

one. SlimFast's new Advanced Nutrition line is different. First off, it's designed specifically for men, so it doesn't just focus on weight loss but also long-term weight management. Its 20 grams of protein (in the form of calcium caseinate) is perfect for building muscle, as well as speeding recovery. At the same time, the drinks contain an equal amount of fiber (five grams) and calories (190) as your girlfriend's version. It packs only one gram of sugar, and it's gluten- and lactose-free.

SlimFast is even macho enough for use in the U.S. Army. A study published in the *Journal of the American Dietetic Association* looked at soldiers who needed to lose weight to remain in the service. One group followed the Army's own weight-management program by itself, and the other used the program along with meal-replacement supps. The result? Fewer subjects dropped out in the supplement group, and they lost more weight—and specifically more body fat—than those who followed the Army guidelines alone.

In addition to ready-to-drink bottles, SlimFast Advanced Nutrition is also available in powder and bar form—and all varieties fight off hunger for up to four hours, helping ensure you don't overeat. (Try the Creamy Chocolate flavor. Our tasters agree it's one of the best in the meal-replacement market.)

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Drink styling by Angela Campos/Stockland Martel

**Get down!**  
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of zucchini saves more  
than 200 calories.

## BREAKING GOOD

Make a "perfect food" even better with these healthy recipes

BY MATTHEW KADEY, R.D.

PHOTOGRAPHS BY CHRISTOPHER TESTANI

● If you're looking for the ultimate muscle-building food, eggs stand alone. Their protein is complete (they have all nine essential amino acids) and digests easily in the body. Eggs also offer healthy fats that can prevent overeating, as well as a bevy of compounds associated with muscle, performance, and health. In fact, according to the Mayo Clinic, eating as many as seven eggs a week can even prevent strokes. As for price, you won't find a cheaper health food. ▼ The only problem? Besides scrambling them, you don't know what to do with them. These five recipes show you how to use eggs in any meal or as a snack for a variety of tasty—and not always egg-flavored—dishes you'll flip over.



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Diana Zalucky

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LUNCH OR DINNER

### Quinoa Sweet Potato Bowl w/Poached Egg

MAKES: 4 SERVINGS

#### INGREDIENTS

- 1½ cups low-sodium vegetable broth
- ¾ cup quinoa
- 1 tbsp canola oil
- 1 large sweet potato, peeled and grated
- 2 garlic cloves, minced
- 2 shallots, minced
- 1 pint cherry tomatoes, halved
- 4 cups chopped kale
- 4 large eggs
- 1 tsp white vinegar, divided
- 2 oz diced feta cheese
- 2 tbsp chopped chives
- ¼ tsp black pepper
- Hot sauce, to taste

#### DIRECTIONS

- 1) Boil the broth in a saucepan. Add quinoa and simmer, covered, over medium-low heat until grains are tender and liquid has absorbed, about 12 minutes. Remove pan from heat and let stand covered for 5 minutes, then fluff quinoa with a fork.
- 2) Place a large skillet over medium heat and add the oil. Add grated sweet potato and cook 4 minutes, or until beginning to turn tender. Add garlic and shallots; cook 2 minutes. Stir in cherry tomatoes and kale; cook until greens are slightly wilted. Stir in quinoa, remove from heat, and cover skillet to keep warm.
- 3) To poach eggs, place ½ cup water and ¼ tsp vinegar in 4 small microwave-safe bowls. Carefully crack eggs into each bowl, cover, and microwave individually on high for 1 minute, or until whites are set and opaque but yolks are still runny. Remove eggs from bowls with a slotted spoon.
- 4) Divide quinoa mixture among bowls and top each with a poached egg. Garnish with feta, chives, black pepper, and a couple of squirts of hot sauce.

#### DINNER

### Zucchini Pasta w/Fried Egg

PAGE 144

MAKES: 4 SERVINGS

#### INGREDIENTS

- 4 zucchini
- 2 tbsp extra-virgin olive oil, divided
- 1 pint cherry tomatoes, halved
- 2 garlic cloves, chopped
- 1 tbsp capers, drained
- ¼ tsp red pepper flakes

- ¼ tsp black pepper
- 4 large eggs
- ¼ cup chopped walnuts
- ½ cup chopped fresh basil
- ⅓ cup grated Parmesan cheese

#### DIRECTIONS

- 1) Use a julienne peeler, mandoline, or sharp knife to cut zucchini into noodlelike strands.
- 2) Place a large skillet
- 3) Add zucchini noodles, capers, red pepper flakes, and black pepper; heat until zucchini is tender, about 2 minutes.
- 4) Heat remaining oil in a separate skillet over medium-low heat. Carefully crack eggs into the skillet. For sunny-side up, cook

until whites are set and the outer edges start to curl up. If you prefer an over-easy egg, flip and cook an additional 30 seconds.

- 5) Divide zucchini noodle mixture among serving plates and top each with an egg.
- 6) Garnish with walnuts, basil, and Parmesan.

#### NUTRITION (PER SERVING)

259 calories, 14g protein, 11g carbs, 19g fat

**Hens allowed to forage outside will lay eggs with more vitamin E than barn-raised, say Penn State researchers.**

#### NUTRITION (PER SERVING)

341 calories, 16g protein, 40g carbs, 14g fat

Food styling by Michelle Garton/Stockland Market; Prop styling by Sarah Smart



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**Heart unbreaker.** Egg consumption does not raise heart disease risk in healthy men, according to a review of studies published in the BMJ.



## BREAKFAST

### Mushroom-Stuffed Scrambled Eggs

MAKES: 2 SERVINGS

#### INGREDIENTS

- 1/3 cup oil-packed sun-dried tomatoes
- 1/3 cup reduced-fat sour cream
- 1 tbsp olive oil
- 1 tsp minced chipotle chili pepper in adobo sauce
- 1 garlic clove, minced
- 2 large portobello mushroom caps
- Salt and black pepper, to taste
- 4 large eggs
- 1 cup arugula

#### DIRECTIONS

- 1) In a bowl, blend sun-dried tomatoes, sour cream, oil, chipotle, and garlic with water until slightly chunky.
- 2) Preheat oven broiler. Scrape dark grills from portobello caps and place stem side down on a baking sheet. Brush tops with oil and season with salt. Broil until tender, about 5 minutes.
- 3) In a bowl, gently whisk eggs, salt, and pepper. Pour eggs into a cold greased skillet; turn heat to medium-low. Cook, stirring frequently, until creamy curds form. Remove from heat while eggs are still slightly runny.
- 4) Place mushrooms cap side up on a plate and top with eggs, sauce, and arugula.

#### NUTRITION (PER SERVING)

319 calories, 18g protein, 12g carbs, 23g fat

## SNACK

### Pickled-Egg Avocado Toasts

MAKES: 4 SERVINGS

#### INGREDIENTS

- 2/3 cup white vinegar
- 1 tbsp sugar
- 1/2 tsp salt
- 4 hard-boiled eggs, peeled
- 2 garlic cloves, smashed
- 1 tsp whole black peppercorns
- 1 avocado
- Juice of 1/2 lemon

- 1/4 tsp chili powder
- 4 slices sprouted whole-grain bread, toasted
- 1 tomato, sliced
- 1/4 cup chopped cilantro
- Black pepper, to taste

#### DIRECTIONS

- 1) In a medium-size saucepan, bring vinegar, 2/3 cup water, sugar, and salt to a boil. Simmer 1 minute, then let cool. Add eggs, garlic, and peppercorns to a clean jar and pour in cooled vinegar

- pickling liquid. Seal shut and chill in the fridge for at least 1 day.
- 2) When ready to eat, mash together avocado, lemon juice, and chili powder in a bowl. Spread avocado mash on toast; top with sliced tomato.
  - 3) Slice a pickled egg and place on top. Garnish with cilantro and freshly ground black pepper.

#### NUTRITION (PER SERVING)

260 calories, 12g protein, 22g carbs, 14g fat

## LUNCH

### Smoked-Fish Egg Cakes

MAKES: 6 SERVINGS

#### INGREDIENTS

- 1 tbsp canola or grape-seed oil
- 1 onion, diced
- 1/2 lb mushrooms, chopped
- 1 red bell pepper, chopped
- 3 cups chopped spinach
- 1 cup reduced-fat ricotta cheese

- 8 large eggs
- 1/2 lb smoked mackerel, skin removed and roughly chopped
- 3 tbsp chopped fresh dill
- 3 tbsp horseradish
- 1 tbsp Dijon mustard
- 1/2 tsp black pepper

#### DIRECTIONS

- 1) Heat oil in a skillet over medium heat. Add onion, mushrooms, and red pepper. Cook until softened, about 6 minutes. Stir in spinach and heat until slightly wilted.

- 2) Preheat oven to 375°F. In a large bowl, whisk together ricotta cheese and eggs. Stir in cooked vegetables, mackerel, dill, horseradish, mustard, and pepper.
- 3) Grease 12 muffin cups with cooking spray and divide mixture among them. Bake for 20 minutes, or until eggs are set. Let cool for about 5 minutes before unmolding.

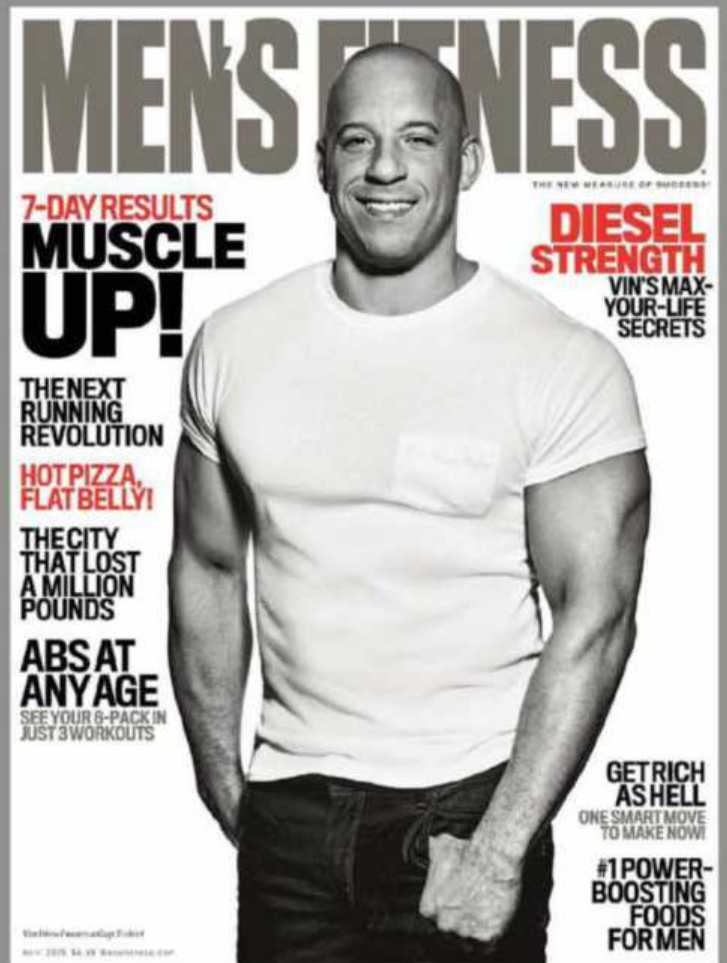
#### NUTRITION (PER SERVING)

281 calories, 20g protein, 8g carbs, 19g fat

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**MEN'S FITNESS**



# Make the bar bend

Add a whopping 10% to your bench press in just six weeks by fighting the urge to “pile it on”

By CJ Murphy, M.F.S.

Photographs by James Michelfelder

The secret to getting stronger is to *not* lift as heavy as possible. That sounds strange, we know, but repeatedly loading up the bar and straining just leads to injuries and burnout. We can help you bench so much weight that the bar bends, but you'll have to check your ego for the next six weeks. Do that, and there's a good chance you'll add another 20 pounds or so to your max.

## How It Works

■ You're going to hold back a little bit on all your bench-press sets. You'll still use challenging weights, but doing fewer reps than you're capable of will keep you healthy and progress you gradually. In Week 6, you'll test your max—yes, you can go all out then—and you'll see where all that extra energy you saved went.

Note that some exercises are taken to failure. These are the ones we're not as concerned about lifting heavy with and use to stimulate the muscles that support big benching, so push hard where noted.

## Directions

You'll train the bench press and the muscles that help you perform it twice per week (Day I and Day II) for six weeks. Perform your own lower-body training on days in between. Exercises marked “A” and “B” are done as a superset—perform one set of A and then go immediately to one set of B before resting.

Weeks 1 and 2 of the program appear here. Go to [mensfitness.com/barbend](http://mensfitness.com/barbend) for the rest.

Vest: 2XU  
Shorts and Shoes: APL  
Tech: GARMIN  
Wrist: ?  
See page 162.



## WEEK I, DAY I

## 1 BENCH PRESS

Sets: 4 Reps: 5

Lie back on a bench and grasp the bar with hands just outside shoulder width. Arch your back and tighten your glutes and abs. Plant your feet firmly. Pull the bar out of the rack and lower it to your sternum. Push your feet into the floor as you press the bar back up. After you're warmed up, choose a weight that would allow you to do about eight reps but perform only five per set.



## 2 PAUSED BENCH PRESS

Sets: 2 Reps: 2 at 60% of max

Perform as you did the bench press but pause the bar at your chest for a second. (Count “one one-thousand.”) Squeeze your glutes and try to push your toes through the front of your shoes as you begin to press the weight back up. Use a weight that's 60% of your max. (If you don't know your max, guess conservatively.)

## 3 DUMBBELL FLYE

Sets: 3 Reps: As many as possible

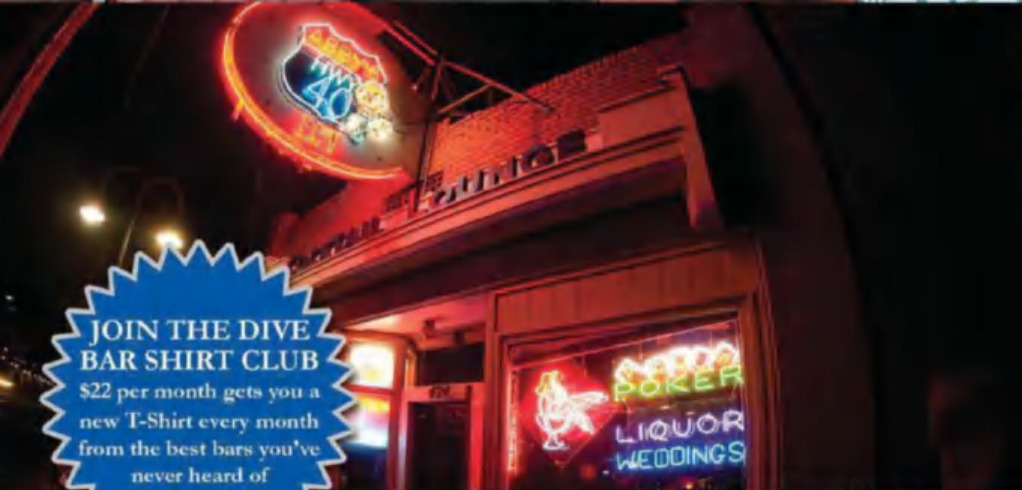
Lie on a bench with a dumbbell in each hand. Press the weights over your chest and spread your arms with elbows slightly bent as if you're reaching to give someone a bear hug. Lower the weights till you feel a stretch in your pecs. Choose a weight that you're sure allows you 12 reps but perform as many as possible.

## 4 INVERTED ROW

Sets: 4 Reps: 15

Set a bar in a rack at about hip level and hang from it with your legs extended in front of you. Pull yourself up until your back is fully contracted. Choose an angle that allows you at least 15 reps.

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WEEK 1, DAY 11

# 1 DUMBBELL BENCH PRESS

Sets: 3 Reps: 15

Lie on a bench with a dumbbell in each hand at shoulder level. Squeeze your pecs as you press the weights above your chest.



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# 2 DUMBBELL OVERHEAD PRESS

Sets: 3 Reps: 15

Stand holding a dumbbell in each hand at shoulder level. Brace your abs and press the weights straight overhead.

# 3A BENTOVER ROW

Sets: 3 Reps: 10

Set a barbell on a rack and grasp it with both hands at shoulder width. Take the bar out of the rack and set your feet at shoulder width. Bend your hips back and lower your torso until it's about parallel to the floor. Row the bar to your belly.



# 3B SHRUG

Sets: 3 Reps: 10

Straighten your torso to stand upright with the bar hanging at arm's length. Shrug your shoulders as high as you can.

# 4 FACE-PULL

Sets: 3 Reps: 20

Attach a rope handle to the top pulley of a cable station and hold an end in each hand. Stand back from the machine far enough to feel a stretch on the back of your shoulders and pull the rope to your forehead, flaring your elbows out to the sides.

# 5A TATE PRESS

Sets: 5 Reps: 8

Lie back on a bench with a dumbbell (or kettlebell) in each hand. Press the weights over your chest and flare your elbows out. From there, bend your elbows and lower the weights toward the top of your chest, keeping your elbows pointing out. When they touch your chest, extend your elbows.

# 5B DUMBBELL CURL

Sets: 5 Reps: 8

Hold a dumbbell in each hand at your side. Curl both dumbbells while keeping your upper arms at your sides. Squeeze your biceps.



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WEEK II, DAY I

## 1 BENCH PRESS

Sets: 5 Reps: 4

Perform as described in Day I, but choose a weight that would allow you six reps per set and do only four.

## 3 CABLE FLYE

Sets: 3 Reps: 15

Attach D-handles to the pulleys of two facing cable machines set to shoulder height. Grasp the handles and step forward to put tension on the cables. Press the handles in front of you and then open your arms until you feel a stretch in your pecs. Squeeze your pecs as you draw your arms back in front of you.

## 2 PAUSED BENCH PRESS

Sets: 2 Reps: 1 at 63%

Pause for two seconds at the bottom. Use 63% of your max on each set.

## 4 ONE-ARM DUMBBELL ROW

Sets: 4 Reps: 15 (each side)

Hold a dumbbell in one hand and rest the opposite arm and knee on a bench. Pull the weight up to the outside of your hip and lower it until you feel a stretch in your lat.



WEEK II, DAY II

## 1 CLOSE-GRIP INCLINE PRESS

Sets: 4 Reps: 12

Set an adjustable bench to a 30- to 45-degree angle and set up as you would to bench press. Grasp the bar with hands just inside shoulder width. Lower the bar to your upper chest and press.



## 2A LATERAL RAISE

Sets: 3 Reps: 12

Hold a dumbbell in each hand at your side. Raise the weights up and out 90 degrees, keeping your elbows straight.

## 2B DUMBBELL OVERHEAD PRESS

Sets: 3 Reps: 12

Perform as described in Week 1, Day II.

## 3 LAT PULLDOWN

Sets: 4 Reps: 12

Use a lat-pulldown station, reach up, and grasp the handle outside shoulder width. Pull it to your collarbone.

## 4A TATE PRESS

Sets: 6 Reps: 8

Perform as described in Week 1, Day II.

## 4B DUMBBELL CURL

Sets: 6 Reps: 8

Perform as described in Week 1, Day II.

For the rest of the program, go to [mensfitness.com/barbend](http://mensfitness.com/barbend).

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Testosterone levels can be managed by eating simple, healthy plants and taking supplements that contain them.

# Man up!

Low testosterone can hurt everything from your physique to your mood to your performance in the bedroom. These supplements may reverse it.

By Joy Ronson

Here's a scary thought: You may be less of a man than your father was—at least

hormonally. A study in the *Journal of Clinical Endocrinology and Metabolism* found that, on average, testosterone levels were higher in men of the same age in the '80s than they were in the 2000s (due, researchers speculate, to higher rates of obesity and the wider use of medication these days). 📈 Having low T is associated with decreased sex drive and less muscle mass, and one new study even found that lower levels of testosterone may raise the risk of depression. Fortunately, strength training spikes T, and living a healthy lifestyle also goes a long way toward keeping your levels topped off. But there are some completely natural compounds that can help as well.

## Fenugreek

■ This herb, used for centuries in foods, even poultices, was reported in the *International Journal of Sport Nutrition and Exercise Metabolism* to have reduced body fat and improved total testosterone levels versus a placebo in a double-blind trial. Fenugreek may also be helpful if you feel your sex drive is on the wane, as other research has found it can boost libido. You can get it in curries (it's used to flavor them) and teas, or as a supplement in TestoVax, by Novex Biotech, which promises to boost testosterone levels 42% in 12 days. ([novexbiotech.com](http://novexbiotech.com))

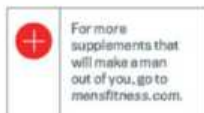
## Ginger

■ You know this root vegetable best as the condiment that comes on the side of a plate of sushi (the one that doesn't make your nose burn), but its health benefits are stronger than you've ever imagined. Ginger has been shown to fight nausea, inflammation, and even cancer; and, according to a 2012 study in the *Tikrit Medical Journal*, it can significantly improve testosterone and semen quality in infertile men. Grate some into a stir-fry, or get a concentrated dose of ginger and other T-friendly compounds in A-HD Elite from BPI Sports. ([bpisports.net](http://bpisports.net))

## Tribulus terrestris

■ It sounds like a creature from *Jurassic World*, but this plant is worth learning to pronounce, especially if you haven't had great sex since dinosaurs roamed the earth. A 2012 study showed that consuming six grams of tribulus root for 60 days improved erections and frequency of sex in men with low sperm counts. It also reduced sexual fatigue. Furthermore, their testosterone jumped by a whopping 16%. "Trib," as it's called, is thorny and bitter, so look to a supplement for consuming it. Epiq's Quad Test includes *Tribulus terrestris*. ([epiqresults.com](http://epiqresults.com))

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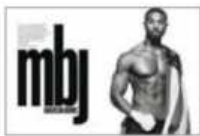
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sympathetic and for fictionalizing some gaps in his final hours. Jordan vigorously defended the film and its subject, but, he says, he came to learn that sometimes it's better to let the project speak for itself—"hiding the medicine in the food," is how he puts it—rather than trying to confront every critic head-on.

"I'm always going to be me, never fake," he says. "But in certain situations, on certain topics, I realize I can't speak as freely as I want. There's a time and place for everything. You have to learn not to react emotionally, because how much good are you really doing? What are you really changing? I learned there's a smarter way to channel your emotions, energy, and celebrity, that there'll be some media outlets and journalists who say things just to get a reaction, and to not give them that power."

There's that discipline again, of not just putting in the work on set or in the gym but knowing when to hold back. It's a quality that sets Jordan apart from a lot of young Hollywood, including his friend and *Fantastic Four* co-star Miles Teller, who got more attention than he bargained for recently when he compared his penis to a highball glass in an interview. "Man, hats off to my buddy Miles," Jordan says. "I've had situations where people take what I've said out of context, where I say something as a joke and somehow it winds up in print as not a joke. You realize you can't always say the first thing that comes into your head."

That caution kicks in as we ask Jordan about the mess that was *Fantastic Four*. Not that he tries to dodge the question or pretend the film was anything other than what it was—a critical and box office flop—but he won't go so far as to lay blame or trash-talk (unlike the movie's unhinged director, Josh Trank, who went on Twitter and blamed the studio). Jordan addresses it so carefully he sounds like a studio president: "I think everyone wanted to make a great movie. Sometimes you just miss your mark. There's a lot of things that go into making a big, huge film like that."

It's at moments like this, when Jordan's unwavering self-discipline makes him seem so mature, collected, and controlled, that you wonder: "Dude, are you having fun? Are you enjoying the ride?" So I ask him. "I'm having a blast, man," he assures me—which is, of course, the playbook answer. But then, because no one's really posed the question before, he stops and considers it, drops his guard, and opens up.

"Look, it's hard to see the forest when you're in the trees," he admits. "Everything is moving and happening so fast. Day by day I see my privacy going away. I'm constantly thinking about what's next. It's hard to really enjoy it. My family is enjoying it."

Still, doesn't he ever want to just go nuts? To be the lead story on TMZ, if only on a slow-news weekend? "I always told myself I'd sacrifice all of my 20s—every day—to my career," he says. "Once I turn 30, I'll start to live a little bit more. I can honestly say I'm not living to my full ability right now. Do I sacrifice a lot? Yeah. Do I stay in the house probably more than I would if I were a lot more comfortable financially and had my family set up? Yep. I'd probably go out a lot more. But right now, what do I gotta go out for?" Because even when he's not acting, he tells me, he's working on new ideas.

"If I'm not working," he says, taking a big gulp of water. "I feel like I should be." ■



**Then and now.** Jordan in HBO's *The Wire* (top), in 2002, and in this summer's *Fantastic Four*.

## WHERE TO BUY

**Rage Against the Machines**

PAGES 48, 50:

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PAGE 64: West Elm Mid-century Bar cart, \$349, [westelm.com](http://westelm.com).

**Ask Men's Fitness**

PAGE 126: La Sportiva Spitfire 2.0 ski boot, \$899, [sportiva.com](http://sportiva.com).

**Train Your Legs, Show Off Your Abs**

PAGES 136, 138, 140-141:

**Crack the Holiday Code**

PAGE 54: Saphir shoe polish, \$19.95, [hangerproject.com](http://hangerproject.com); Everlast Prime Training gloves, \$49.99, [everlast.com](http://everlast.com).

Lululemon Metal Vent Tech Sleeveless tank top, \$58, [lululemon.com](http://lululemon.com); C9 Champion Premium Jogger pants, \$29.99, [target.com](http://target.com); New Balance Minimus 20v4 Trainer sneakers,

\$99.99, [newbalance.com](http://newbalance.com); Withings Pulse Ox fitness tracker, \$99, [withings.com](http://withings.com).

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PAGES 150, 152, 154:

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#fitwit



Ted Spiker @ProfSpiker Use dumbbells. Don't be one. Gainesville, FL

# Sealed with a kiss

Hot buns, evil nog, a nice chianti, and a happy New Year, all in 140 characters or less

:-\*

December 31/11:59 p.m.

Resolution: giving up booze!

Starting in: 2042!

December 31/11:58 p.m.

Fact: If you root for your team in today's college playoffs using a New Year's Eve party horn, you'll be retroactively expelled from school.

December 31/8:10 p.m.

For Anthony Hopkins' birthday, you really should have liver, fava beans, and a nice chianti for dinner.

#silenceofthelambs

December 31/6:33 p.m.

Today, count all your reps backward. #HappyNewYear

December 31/10:04 a.m.

Guess it's about time to start working on my 2012 resolutions.

December 30/11:37 a.m.

The "sick of your relatives" workout: Do a series of sprints till you cry "uncle."

December 29/8:44 a.m.

Boxing day workout, 1 min. Jump rope, 1 min. Shadow-box, 10 rounds. Finish with a 3-mile run wearing gray sweatpants and hoodie.

#GonnaFlyNow

December 26/7:37 p.m.

Long return lines never justify flaming out at clerks. It's not their fault Aunt Susie bought you a 12-pack of Stormtrooper boxers.

December 26/3:18 p.m.

Pro tip: "Ho ho ho" double-entendre jokes are never funny. Unless you add an "e" to the end and live with avid gardeners.

December 25/9:33 p.m.

Remember, it is better to give than receive, except when power tools are in play.

December 25/12:03 p.m.

Give the gift that gives all day long: Make the fam a pancake breakfast.

December 25/9:42 a.m.



Last-minute gift options: magazine w/subscription, lottery tix, lighter, boxed pie, stocking full of Slim Jims. #ConvenienceStoreBlues

December 24/11:04 p.m.

In honor of the year's shortest day, do this fast workout: 30 sec. of burpees, 30 sec. of bear crawl, 30 sec. of jumps. 4 circuits. Done.

December 22/7:03 a.m.

If you go caroling (!), when they open the door, always say, "I am the one who knocks."

#BreakingBad4Evah

December 19/8:19 p.m.

Probably gonna see Sisters the opening night, because Tina Fey and Amy Poehler are always FTW.

December 18/8:44 p.m.

Office holiday party tip: Do the opposite of what you're just about to do.

December 17/10:37 p.m.

Office holiday party tip: Don't snicker and ask if you can "send something to her inbox."

December 17/10:37 p.m.

1 cup of eggnog = 4,923,912 minutes of cycling. #realtalk

December 15/4:40 p.m.

Happy anniversary to my wonderful wife! (And please don't read what I tweeted December 8.)

December 10/9:17 a.m.

Scrambled-egg mixer: green olives.

December 9/7:30 a.m.

Nicki Minaj's buns = mic drop. (Happy birthday, Nicki! What's good?)

December 8/3:20 p.m.

See, the thing about lettuce wraps is that they're LETTUCE wraps.

December 5/1:14 p.m.

Fitness goal for the holiday-fat-bomb month: Defeat what you eat, burn what you yearn.

December 1/6:17 a.m.

From top: AMC/Everett Collection; Xavier Collin/Corbis; MARIO ANZUONI/Corbis; Splash News/Corbis; Orion Pictures Corp/Everett

SEAN McCABE



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- 2 (5 oz.) Filet Mignons
- 2 (5 oz.) Top Sirloins
- 2 (4 oz.) Boneless Pork Chops
- 4 (3 ½ oz.) Chicken Fried Steaks
- 4 (3 oz.) Gourmet Jumbo Franks
- 12 oz. pkg. All-Beef Meatballs
- 4 Potatoes au Gratin
- 4 Caramel Apple Tartlets
- Omaha Steaks Seasoning Packet

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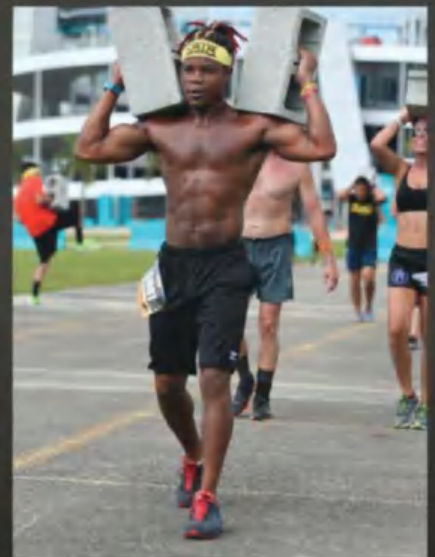
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# CONQUER THE CHALLENGE

**T**his year MEN'S FITNESS partnered with City Challenge Obstacle Race for two co-branded events. Taking place in Jersey City, NJ and Miami, FL this fastest growing urban obstacle race series in the country transformed urban areas into exciting outdoor obstacle courses packed with various challenges—from cargo net climbs to taxi cab parkour, and monkey bars to bear crawls.



2015 event partners

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WE'RE ALL MORE THAN MUSCLE

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Fitness trackers  
Speakers  
Boards  
Drones  
...and more

## The Ultimate Guy's Gear and Gift Guide



Flip for the December issue of Men's Fitness



# fit!umopəpisdn



fitbit chargeHR.

fitbit surge.



Change the way you look at fitness with **Fitbit ChargeHR™** and **Fitbit Surge™**. Packed with features like continuous wrist-based heart rate, these advanced trackers are designed to maximize your workouts. So, now you have everything you need to stick the landing and find your fit.



GPS  
TRACKING\*



CONTINUOUS  
HEART RATE



ALL DAY  
ACTIVITY



CALLER  
I.D.



MUSIC  
CONTROL\*



SLEEP  
TRACKING



SYNC  
WIRELESSLY





# GIVE THE GIFT OF FIT.

## fitbit surge. Fitness Super Watch

The **Fitbit Surge™** is built with live GPS tracking and continuous heart-rate monitoring right on your wrist, so you'll be free of the chest strap and able to take every workout to the next level.



GPS  
TRACKING



CONTINUOUS  
HEART RATE



MULTI  
SPORT



ALL DAY  
ACTIVITY



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MUSIC  
CONTROL



SLEEP  
TRACKING



SYNC  
WIRELESSLY



## fitbit chargeHR. Heart Rate + Activity Wristband

The **Fitbit Charge HR™** is an advanced fitness wristband with continuous heart-rate monitoring for all day-activity and workouts. Get the motivation you need to push yourself further—every beat counts.



CONTINUOUS  
HEART RATE



ALL DAY  
ACTIVITY



FLOORS  
CLIMBED



SLEEP  
TRACKING



CALLER  
I.D.



MULTI  
SPORT



SYNC  
WIRELESSLY

## fitbit charge. Wireless Activity + Sleep Wristband

The **Fitbit Charge™** gets you motivated to move more, by tracking all-day activity like steps taken, distance traveled, calories burned, floors climbed and active minutes.



ALL DAY  
ACTIVITY



WATCH +  
DISPLAY



CALLER  
I.D.



LONG  
BATTERY LIFE



SLEEP  
TRACKING



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2015  
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GUIDE



**DJI PHANTOM 3  
STANDARD**

The most accessible and intelligent drone around—it shoots rich 2.7K HD video, has a range of more than half a mile and 25 minutes of battery life—also includes a camera and remote control, making it the best bang for your buck as well. Idiotproof safety features, like automatic return-to-home, ensure your footage never accidentally flies astray.

\$699, [bestbuy.com](http://bestbuy.com)

# ● Cutting-edge gifts!

The top tech, toys, trackers, and totally awesome fitness accessories for any active guy's holiday wish list

BY PETER KOCH PHOTOGRAPHS BY RICHARD PIERCE

## COVER

Fitbit Surge, Jaybird X2  
Wireless Buds, Oakley  
Prizm Trail Flak 2.0 XL

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Cornelia Adams

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## REAL WHEELS



### MOTOPED CRUIZER

Spend a long weekend assembling this beautiful street cruiser-motorcycle hybrid—which is customizable and accepts a motor as big as 155cc—then spend the next year ripping on- and off-road with this street-legal (check local laws) machine.

from \$2,950, [motoped.com](http://motoped.com)



MODIFIED AFTER EARLY-20TH-CENTURY RACERS, THE CRUISER CAN BE EQUIPPED WITH SADDLEBAGS, A SURFBOARD RACK—EVEN A BEER COOLER.

## SNOW BUDDIES



### OPPOSITE PAGE

#### JONES SNOWBOARDS STORM CHASER

Designed in collaboration with surfboard guru Chris Christenson, the retro-looking Storm Chaser is intended to float on powder like a big-wave board on a barrel. But it's versatile, too, short enough to take on trees and nimble on resort groomers, where the swallowtail kicks out bury-your-buds rooster tails.

\$599,  
[jonessnowboards.com](http://jonessnowboards.com)

#### UNDER ARMOUR FAT TIRE GTX TRAIL SHOES

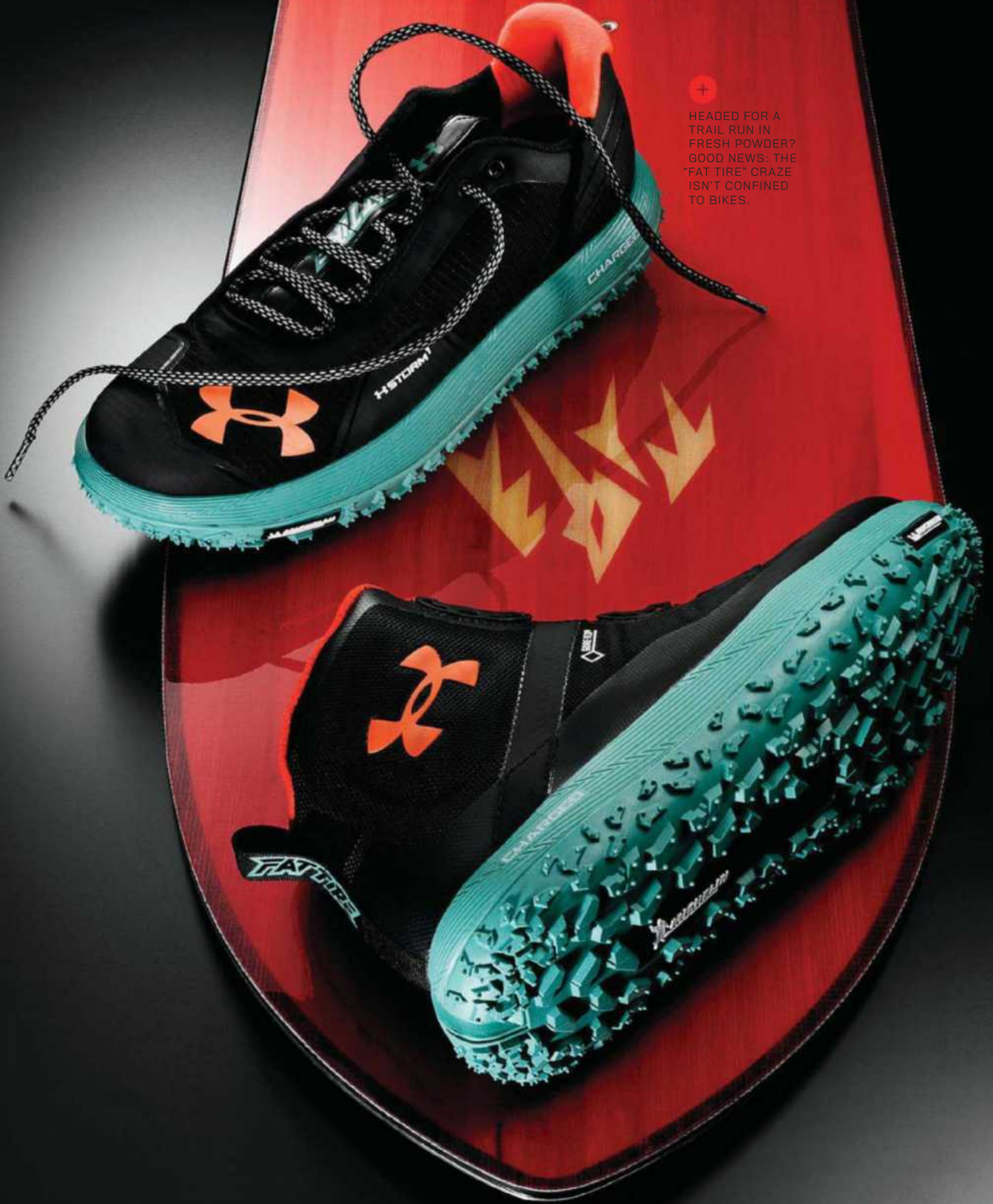
These outrageously bold trail runners are designed to take you "where you don't belong"—like technical rocky trails, muddy slopes, and scree fields. Each pair is tricked out with aggressively lugged, Michelin-tire-grade rubber outsoles, Gore-Tex weatherproofing, plus plenty of high-quality cush on the interior.

\$200, [underarmour.com](http://underarmour.com)

STORM CHASER  
147



HEADED FOR A  
TRAIL RUN IN  
FRESH POWDER?  
GOOD NEWS: THE  
"FAT TIRE" CRAZE  
ISN'T CONFINED  
TO BIKES.





2015  
GIFT  
GUIDE

## BIGGER BEATS



### BOWERS & WILKINS P7 HEADPHONES

The design of these leather and aluminum sound cans recalls the eight-track and vinyl era, but their sound is the legendarily precise high-fidelity you've come to expect from B&W.

\$400, [bestbuy.com](http://bestbuy.com)

### BANG & OLUFSEN BEOPLAY A2 SPEAKER

A sleek retro design is wedded to 360-degree sound in this rugged, go-anywhere Bluetooth speaker that's perfect for anywhere outdoors. The built-in rechargeable battery can power a 24-hour dance party or, if necessary, your smartphone.

\$399, [beoplay.com](http://beoplay.com)

### SONOS PLAYBAR

This three-foot-long, 12-pound sound bar packs nine room-shaking amplified speakers. Attach it to your TV for the deep booms and crystal-clear whispers of Blu-rays or Xbox games or stream music directly over your wi-fi.

\$700, [bestbuy.com](http://bestbuy.com)



## FITNESS TOOLS



OPPOSITE PAGE

### HOCK DESIGN ROTATOR 2 JUMP ROPE

Here's the more refined, grown-up version of your boyhood jump rope. It's German-made, so you know the walnut handles are lightweight and precisely balanced, and the adjustable nine-foot leather rope spins faster and smoother than ever.

\$200, [shock.com](http://shock.com)

### MONKII BARS

At less than one pound, Monkii Bars are a lighter-weight, more portable version of TRX. Just hang them from a sturdy anchor point and bang out body-weight exercises like pushups, dips, and inverted rows.

\$149, [monkiibars.com](http://monkiibars.com)

### RUCK PLATES

Turn the world into your gym by "rucking"—carrying a weighted backpack to build strength and crush calories. Stash 'em in your bag's laptop sleeve, where they won't jostle around.

from \$25, [goruck.com](http://goruck.com)

SONOS



THESE WALNUT  
HANDLES ARE  
LIGHTWEIGHT  
AND PRECISELY  
BALANCED.





## PERFORMANCE BOOSTERS



### JAYBIRD X2 WIRELESS BUDS

Despite being the smallest Bluetooth headphones on the market—weighing in at just half an ounce—the X2s pack some of the biggest sound. On top of that, they're durable, sweat-proof, have batteries that last eight hours, and stick to your dome like they're glued there.

\$180, [jaybirdsport.com](http://jaybirdsport.com)

### OAKLEY PRIZM TRAIL FLAK 2.0 XL

Armed with Oakley's new Prizm lenses, these shades fine-tune trail vision, helping your eyes lock onto rocks, roots, and other obstacles on a technical ascent or a rip-roaring downhill run. As you'd expect, they also feature top-notch optical clarity and killer sporty looks.

\$170, [oakley.com](http://oakley.com)

### MICROSOFT SURFACE

Whether you're looking for a laptop, a tablet, or something in between, the Surface 3 (shown above), Surface Pro 4, or Surface Book have you covered with thin, high-contrast, low-glare screens; long-lasting batteries; and a blend of powerful graphics and computing might to meet every user's needs.

from \$500, [bestbuy.com](http://bestbuy.com)

### FITBIT SURGE

Ideal for any active guy, Fitbit's latest offering—the Surge—uses GPS technology to track the distances you run, your speed, even the elevation climbed if you go hiking. That's on top of heart rate monitoring, calories burned, and even your sleep and wake cycles, all of which sync wirelessly to your smartphone.

\$250, [fitbit.com](http://fitbit.com)

2015  
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## MOOD LIFTERS



### SNOW PEAK TITANIUM CURVED FLASK

Lightweight and strong, this handsome titanium flask is ideal for savoring your favorite Scotch or whiskey anywhere you go. At 6.7 ounces, it's small enough to fit in your briefcase or blazer pocket but still holds plenty enough to spice up your morning joe on a cold day.

\$150, [snowpeak.com](http://snowpeak.com)

### ART OF PLAY PLAYING CARDS

Distract your poker pals with beautiful playing cards curated by magic and sleight-of-hand purveyors Dan and Dave Buck, who invite artists and designers to turn the lowly playing card into high art.

from \$5, [artofplay.com](http://artofplay.com)

### JUSTIN WINE

Grown in California's burgeoning region of Paso Robles, CA, Justin's award-winning family of wines is best known for the iconic Isosceles. The perfect gift for the red wine lover in your life, Isosceles offers rich aromas of ripe black cherry and spice that's a perfect complement to a variety of holiday foods. Or better yet, gift them a Justin Wine Society membership to sample all of the winery's varietals; memberships start at \$200.

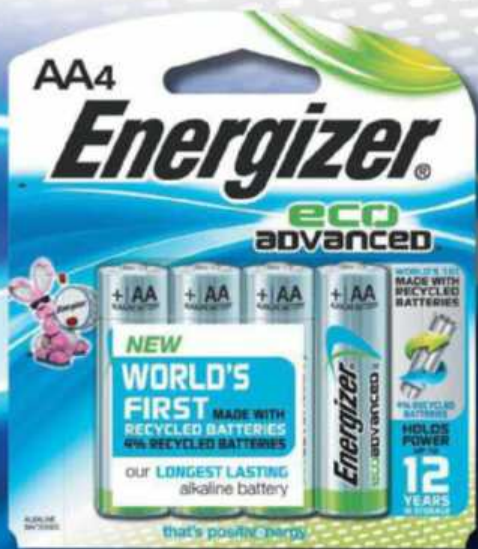
Isosceles, \$72, [justinwine.com](http://justinwine.com)



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